

HSI SPECIAL  
RESEARCH ALERT

# 1000 GREATEST UNDERGROUND CURES

**Today's Greatest Alternative Medicines**



Compiled by the Health Sciences Institute research team.

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## HSI's 100 Greatest Underground Cures

*Please note: Ordering information for these breakthrough cures can be found in the Member Source Directory beginning on page 81.*

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## **Reports 1-7: Knock out cancer—stay chemo- and radiation-free**

### **#1 The TRUE cancer miracle: News of astounding natural cancer killer nearly squashed forever**

Not too long ago, Health Sciences Institute uncovered a remarkable story about a natural cancer killer that had been kept under lock and key for over 20 years. With this information, the future of cancer treatment and the chances of survival look more promising than ever. There's a healing tree that grows deep within the Amazon rainforest in South America that could literally change how you, your doctor, and possibly the rest of the world think about curing cancer.

Since the 1970s, the bark, leaves, roots, fruit, and fruit seeds of the Amazonian Graviola tree have been studied in numerous laboratory tests and have shown remarkable results with this deadly disease.

Several years ago, a major pharmaceutical company began extensive independent research on it. They learned that certain extracts of the tree actually seek out, attack, and destroy cancer cells. Because the natural extracts themselves could not be patented, the company labored to create a synthetic copy that showed the same promise. After more than seven years of work behind closed doors, researchers at this company realized they couldn't duplicate the tree's natural properties with a patentable substance. So they shut down the entire project. It basically came down to this—if they couldn't make huge profits, they would keep the news of this possible cure a well-guarded secret. But one researcher couldn't bear that, and decided to risk his job with the hope of saving lives.

#### **Seven years of silence broken**

This conscience-driven researcher contacted Raintree Nutrition, a natural products company dedicated to harvesting plants from the Amazon. In the course of working with Raintree on another story, they shared the exciting Graviola breakthrough with us. Since then, we've been looking closely into the research to date on Graviola. One of the first scientific references to it in the United States was by the National Cancer Institute (NCI). In 1976, the NCI showed that the leaves and stems of this tree were effective in attacking and destroying malignant cells. But these results were part of an internal NCI report and were, for some reason, never made public.

Since 1976, there have been several promising cancer studies on Graviola. However, the tree's extracts have yet to be tested on cancer patients. No double-blind clinical trials exist, and clinical trials are typically the benchmark mainstream doctors and journals use to judge a treatment's value. Nevertheless, our research has uncovered that Graviola has been shown to kill cancer cells in at least 20 laboratory tests.

The most recent study, conducted at Catholic University of South Korea, revealed that two chemicals extracted from Graviola seeds showed comparable results to the chemotherapy drug Adriamycin when applied to malignant breast and colon cells in test tubes.

Another study, published in the *Journal of Natural Products*, showed that Graviola is not only comparable to Adriamycin—but dramatically outperforms it in laboratory tests. Results showed that it selectively killed colon cancer cells at “10,000 times the potency of Adriamycin.”

Perhaps the most significant result of the studies we've researched is that Graviola selectively seeks out and kills cancer cells—leaving all healthy, normal cells untouched. Chemotherapy indiscriminately seeks and destroys all actively reproducing cells, even normal hair and stomach cells, causing such devastating side effects as hair loss and severe nausea.

Grown and harvested by indigenous people in Brazil, Graviola is available in limited supply in the United States and is distributed through Raintree Nutrition. But now, you can be among the select few in the entire country to benefit from this powerful treatment. We encourage you to consult with your doctor before beginning any new therapy, especially when treating cancer.



Graviola has been combined with seven other immune-boosting herbs in a product called N-Tense. As a dietary supplement, you should take six to eight capsules of N-Tense per day. Graviola and N-Tense are completely natural substances with no side effects apart from possible mild stomach upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

## **#2 The new rainforest discovery that wipes out deadly cancers in less than a year**

The silver lining that became apparent by the end of the Graviola exposé is that we were able to put you in touch with a fantastic source of the miracle plant. And since we first told the world about it in 2001, Graviola has been the subject of dozens of published studies touting its unmatched power against a whole army of cancer cell lines: liver, lung, breast, skin, kidney, prostate, colon...and that's just to name a few.

But Leslie Taylor's research has continued. And recently, she told me about another form of Graviola that's just been uncovered—one that's taking the original's tumor-fighting properties to a whole new level.

### **A new tropical tree introduces 26 additional cancer-fighting chemicals**

Mountain Graviola is a new species of the genus *Annona*, the active compounds of which are called acetogenins—and Taylor discovered it herself during a visit to her South American harvesting site. Though strikingly similar in appearance to the original species of Graviola (also known as *Annona muricata*), she noticed that natives never ate the fruit of this new tree—while the fruit, stems, and leaves of its close relative were regularly consumed by local tribes for medicinal purposes. After questioning them as to the reason, she was told that, unlike Graviola, the fruit from the Mountain Graviola tree (or *Annona montana*) was far too sour to be edible.

But a closer look at the plant's structure revealed that this substitution had been coming at a price. Although the sweeter Graviola does in fact deliver potent curative properties, the less-palatable Mountain Graviola has nearly 26 novel acetogenins that you won't find in its relative—and even more of the acetogenin annonacin, which has been the focus of most of the published studies on account of its demonstrated cancer-fighting abilities and lack of toxicity.

Because of its relative lack of use in the Amazonian culture, Taylor and her team at Raintree Nutrition are the only ones harvesting this uniquely extraordinary species of Graviola—and you won't be able to get it from any other distributors. In fact, unlike its counterpart *Annona muricata*, research on the specific components of Mountain Graviola has only begun to pick up in the last few years.

### **New, super-strength combo wipes out deadly cancers in less than a year**

While no clinical trials have been conducted for either Graviola or Mountain Graviola, I did have the benefit of reading a whole host of testimonials forwarded to me by Taylor—many from customers who had been using a new, super-strength proprietary blend of both forms of Graviola, which delivers a total of 108 documented cancer-fighting acetogenins. It's called Graviola Max—and as was originally the case seven years ago, Raintree is the first to bring it to consumers.

Though it might be a while before we're actually able to see the long-term results of treatment with Graviola Max, these initial reports are more than promising. And when combined with the incredible stories of recovery we've heard from longtime Graviola users, these accounts add an entirely new dimension to the already compelling in-vitro laboratory evidence.

Because Graviola Max is so strong, Taylor doesn't recommend that it be used as a preventive. She also cautioned that reports of nausea have climbed 20 percent with this product—a common side effect of the formula's main cancer-fighting chemical, annonacin.

Admittedly, it's a small price to pay for survival—but based on this demand, Taylor has also developed a

new tincture called Stomach-Ez (made from the extracts of a variety of South American tropical plants) to help eliminate any queasiness or vomiting that might result from your supplementation with Graviola Max.

### **#3 How you can take advantage of the AMAS Cancer Test**

The AMAS Cancer Test stands for Anti-Malignan Antibody in Serum test. Malignin is a peptide found in people with a wide range of cancers. If the anti-malignan antibody is detected in the blood, it means that the body detected the presence of this peptide and launched an immune response against it. Clinical studies have shown that the AMAS test is up to 95 percent accurate on the first reading, and up to 99 percent accurate after two readings.

This simple blood test can detect precancerous and cancerous cells with up to 99 percent sensitivity. Many of our members wrote in to say they were having difficulty finding a doctor willing to do the test—because they had never heard of it.

#### **You don't need a doctor's permission to order the AMAS test**

But the good news is that ANYONE can order an AMAS test. Just call 1-800-922-8378 and leave your name and address to receive a free kit in the mail. The kit includes the materials and instructions you need to complete the test and a packet of scientific literature supporting its benefits. Then, take the kit to your doctor, and ask him to order a blood sample and sign the analysis form. All AMAS tests are analyzed by Dr. Bogoch's staff in Boston (overnight shipping instructions are included in the kit). As some members have found, some labs refuse to draw specimens for tests that will be performed at another lab. According to Dr. Bogoch, that's more often the case with smaller labs; larger labs usually send specimens to other labs on a daily basis. If your doctor's lab is not willing to process the AMAS test, and your doctor is not willing to find one that will, do some research on your own. Check the Yellow Pages and call around to larger labs in your area.

Some readers also asked about the availability of the AMAS test outside the U.S. Anyone from anywhere in the world can order the test. The only unique challenge is the shipping. Samples sent from outside the U.S. may need to ship in dry ice to ensure a valid sample. The analysis costs \$165 (not including extra lab fees or shipping costs), but the test is Medicare approved; and remember, ordering the kit is completely free.

The AMAS test can detect the presence of cancerous cells, but can't pinpoint their location. So a positive reading must be followed up by additional testing to locate the cancer and determine its stage. But the test does come much closer to offering true early detection than many other screening methods and does so in a non-invasive way. To learn even more about AMAS, you can visit this website: [www.amascancertest.com](http://www.amascancertest.com).

### **#4 Cancer's kryptonite: HSI panelist tests breakthrough seaweed cancer treatment**

It's a weed and a slimy weed at that. But unlike the ones that invade your lawn, this weed might actually do you some good. It has been credited as a primary cause for record-low cancer rates in Okinawa, Japan. It was used—with reported success—to treat and prevent radiation sickness following the Chernobyl meltdown in Russia. It has yet to be tested in a single human clinical trial. But according to panelist Kohhei Makise, M.D., the Japanese medical community is being inundated with reports of how this medicinal seaweed has helped thousands of patients fight cancer.

Dr. Makise recently wrote us a long, excited e-mail discussing several new natural remedies that are producing impressive results among Japanese patients. But in this report, we decided to focus on a natural immune builder and cancer fighter that's so new to North America that we'd never heard of it before.

It's called fucoidan, and it's a complex of polysaccharides (carbohydrates) found in brown seaweed, most commonly in an Asia-Pacific variety known as kombu or *Laminaria japonica*. The seaweed has been a

dietary staple in Japan since the second century B.C. And in Okinawa—which posts Japan’s highest per capita rates of kombu consumption—it has reportedly produced considerable health benefits. Okinawa residents who eat an average of 1 gram of kombu (containing roughly 5 mg of fucoidan) daily enjoy some of the longest lifespans in Japan and the single lowest cancer rate in the country.

### **Seaweed extract causes cancer cells to self-destruct**

Various studies demonstrate that fucoidan combats cancer in multiple ways:

- It causes certain types of rapidly growing cancer cells (including stomach cancer, colon cancer, and leukemia) to self-destruct (a process called apoptosis).
- It physically interferes with cancer cells’ ability to adhere to tissue. That interference prevents the cancer from spreading (or metastasizing) to new areas.
- It enhances production of several immune mechanisms, including macrophages (white blood cells that destroy tumor cells), gamma interferon (proteins that activate macrophages and natural killer cells), and interleukin (compounds that help regulate the immune system).

Fucoidan can be found in a product called Modifilan, manufactured by Fucoidan Sales. The product contains fucoidan, along with organic iodine—shown to promote maturation of the nervous system and alignate—a natural absorbent of radioactive elements, heavy metal, and free radicals.

## **#5 Hybridized mushroom extract destroys cancer cells and provides powerful immune protection**

Until now, the only way to get access to this remarkable immune booster was to live in Japan. For the last five years in Japan, people with cancer, AIDS, and other life-threatening illnesses—as well as healthy people who want to stay that way—have been revving up their immune systems, destroying tumor cells, and preventing cancer and other illnesses with a powerful extract called AHCC (activated hexose correlate compound). Now, AHCC is available to consumers in the United States.

AHCC is an extract of a unique hybridization of several kinds of medical mushrooms known for their immune-enhancing abilities. On their own, each mushroom has a long medical history in Japan, where their extracts are widely prescribed by physicians. But when combined into a single hybrid mushroom, the resulting active ingredient is so potent that dozens of rigorous scientific studies have now established AHCC to be one of the world’s most powerful—and safe—immune stimulators.

In vitro, animal, and human studies confirm that AHCC effectively works against and, in some cases, even prevents the recurrence of liver cancer, prostate cancer, ovarian cancer, multiple myeloma, breast cancer, AIDS, and other life-threatening conditions, with no dangerous side effects. In smaller doses, AHCC can also boost the immune function of healthy people, helping to prevent infections and promote well-being.

### **AHCC now available in the United States**

After years of successful use in Japan, AHCC is available in the United States as the active ingredient in a product called ImmPower. Distributed by American BioSciences, ImmPower comes in gelatin capsules containing 500mg of AHCC (proprietary blend).

ImmPower can be taken in preventive or therapeutic doses. For prevention, the recommended dose is 1 gram per day taken as one 500mg capsule in the morning and again at night. This dose will help increase NK cell activity and support immune system functioning for good health and general well-being. For those with cancer, AIDS, or other life-threatening conditions, the research indicates a therapeutic dose of two capsules in the morning, two at mid-day and two at night for a total of 3 grams per day to jump start

NK cell activity. After three weeks, the dose can be reduced to 1 gram per day (one capsule in the morning and one at night), to maintain the increased NK cell activity level.

## #6 Stop cancer in its tracks with killer grapefruit

Years ago, we published information on MCP's unique ability to stop cancer cells from spreading—or metastasizing—to other parts of the body. But, like many of the products and therapies we cover in Members Alert, at the time, MCP was showing exciting enough results for us to want to bring it to our members right away, but it was also still too new to have much research behind it.

Now, though, there's new research emerging on MCP, confirming its anti-cancer abilities—and shedding some light on just how it achieves these effects. It turns out it's another example of glycobiology, the revolutionary new research field. And this real-life application of that cutting-edge theory is already demonstrating significant results in animal and human trials, against some of the most common—and deadly—kinds of cancer, like prostate, breast, colon, and lung.

### Targeting cancer's "getaway car"

MCP comes from pulp and rinds of citrus fruits, like oranges and grapefruits, that have been modified so that they produce shorter sugar chains. These shorter sugar chains are more readily absorbed through the intestinal tract into the bloodstream, where they can do some pretty amazing things— particularly against cancer cells.

It's an impressive body of evidence. The results seen in these studies rival the effects of many prescription cancer drugs. But what makes MCP even better is that it doesn't appear to have any dangerous side effects or interactions. Fewer than 5 percent of people who take MCP report some flatulence or loose stools, due to its soluble fiber content. This can usually be managed by reducing the dose and slowly working back up to the recommended level. But compared to the toxic side effects of most conventional cancer treatments, these problems are very minor.

Again, it's important to use modified citrus pectin (MCP)—not just regular citrus pectin—to obtain these results; studies have shown that only MCP has the ability to inhibit cancer cell adhesion and impact galectin-3 activity. In fact, nearly all of the research on MCP's effects has been conducted with the same formula.

It's called PectaSol, and it's manufactured by EcoNugenics of Santa Rosa, California. PectaSol was developed by Isaac Eliaz, M.D., M.S.. It's identical to the MCP used in many of the studies cited above.

PectaSol is available in capsules or in powder form; according to Dr. Eliaz, most people prefer the powder form because the recommended daily dosage is quite high. To achieve the recommended dose of 14.4 g per day you'd have to take six capsules three times a day. You can achieve the same dosage by dissolving 5 grams of powder in water or juice three times a day.

If you're fighting cancer, talk to your doctor about adding modified citrus pectin to your treatment plan. It may help your body respond better to the treatments you're already undergoing. Or it may just give your body the extra boost it needs to help fight the disease on its own. Either way, it's a valuable addition to any anti-cancer arsenal. For product ordering information see the Member Source Directory on page 81.

## #7 The cancer miracle that leaves healthy cells healthy

Cancer treatment has come a long way since the use of mustard gas derivatives in the early 1900s—or has it? When doctors discovered during World War I that mustard gas destroyed bone marrow, they began to experiment with it as a way to kill cancer cells. Although they had little success with the mustard gas, it did pave the way for modern chemotherapy—which involves the most toxic and poisonous substances anyone deliberately puts in his body. These treatments kill much more than cancer cells—they have a devastating effect even on healthy ones.

Sometimes it seems as if only a miracle could provide a cure that's both safe and effective. And a miracle is just what Dr. Mate Hidvegi believed he found when he patented Avemar, a fermented wheat germ extract. Studies have shown that Avemar reduces cancer recurrence, cuts off the cancer cells' energy supply, speeds cancer cell death, and helps the immune system identify cancer cells for attack.

### **Reduce cancer recurrence**

Since 1996, over 100 studies done on Avemar have impressed oncologists and cancer researchers. Studies have shown that when Avemar is used as an adjunct treatment, it enhances the effects of the standard treatment agents. It's particularly effective in reducing the chances of cancer recurrence.

Typical cancer treatments like chemotherapy kill off all cells—cancerous and healthy ones alike. But because of how Avemar interacts with glucose, it can selectively attack cancer cells while leaving healthy cells alone. Studies have shown that it would take a 50 times higher concentration of Avemar than is in a normal therapeutic dose to inhibit glucose utilization in normal healthy cells.

### **As toxic as a slice of bread**

As dangerous as Avemar is for cancer cells, it won't harm the rest of your body. In fact, according to an independent panel of medical, food safety, and toxicology experts: "Avemar is as safe as whole wheat bread."

In Hungary, where it was developed and is manufactured, it is classified as a "dietary food for special medical purposes, for cancer patients" and is a standard therapy for patients with cancer. It is available as a food or dietary supplement in several other countries as well, including Austria, Australia, Switzerland, Italy, Slovakia, Czech Republic, Russia, Israel, and South Korea.

Avemar is made using a patented process that yields a uniform, consistent, all-natural dietary supplement. Although it is not certified organic, it is free of chemicals and synthetics. According to our contacts at American BioSciences, the exclusive North American distributor of Avemar, there is simply no comparison between their product and other wheat germ products on the market because it is the only one supported by research demonstrating its effectiveness in maintaining normal, healthy cellular metabolism and immune regulation.

American BioSciences says that Avemar should not be consumed by people who have had an organ or tissue transplant, those who have malabsorption syndrome, or those with allergies to foods containing gluten, such as wheat, rye, oats, and barley.

It's also not recommended for people with fructose intolerance or hypersensitivity to gluten, wheat germ, or any of the components or ingredients of this product.

If you suffer from bleeding ulcers, you should stop using Avemar two days before undergoing a barium X-ray contrast examination and resume taking it two days after the completion of the examination. This precaution is necessary because wheat germ contains lectin, which can potentially cause red bloods cells to clump.

If you are currently taking medications or have any adverse health conditions, you should consult with your pharmacist or physician before taking Avemar.

## **Reports 8-13: Beat back heart disease from every angle**

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### **#8 Beyond pomegranates: the "perfect artery cleaner"**

Before they were cooked, bagged, and ground for local diners, supermarkets, and corner cafes—before they were even harvested from the plant, in fact—coffee beans were cloaked by one of the most powerful (and least-known) antioxidants on the planet: the coffee fruit.



Due to its high perishability, this bright red outer layer (also called the cherry by coffee growers) never really made it past the bush, and was tossed away in favor of its insides. And while anecdotes detailing its amazing abilities have been circulated by farmers for centuries, no one has ever had the chance to put it to the test—until now, that is.

Van Drunen Farms, a family-owned business operating out of Illinois, is the only supplier of whole coffee fruit around. They've dubbed it the coffee berry—and today, thanks to new patent-pending technology, product developers can get it in the form of a whole powder or a concentrated extract, skirting the problem of spoilage altogether.

But in case you're wondering whether the nutrition world really needs another superfruit, let me tell you what makes this particular one so special—and why you'll want to add it to your supplement stock right away.

### **A profile packed with powerful metabolites and crucial nutrients**

When you consider the geographical origins of the coffee industry's product—Columbia, Costa Rica, Brazil, and other parts of Central and South America—two aspects of the terrain take front and center. The first of these are the steep mountainsides. Coffee bushes thrive in this fertile volcanic soil—it's loaded with nutrients and minerals, all of which are absorbed by the plant as it grows.

But even more important is the abundance of phytochemicals produced by the coffee berries that grow on these bushes. And the formation of these natural compounds hinges upon the second seemingly hostile (but absolutely vital) aspect of this ecosystem: the bright, hot, uninhibited rays of the sun.

The largest importers of coffee crops also happen to be countries that are extremely close to the equator—and which have much higher levels of UV radiation because of that fact. This low latitude, in combination with the high altitudes at which the coffee plant grows, means that the byproducts of photosynthesis not only furnish its unique nutritional needs, but also serve as a protective mechanism against its unrelenting exposure to the sun.

The final result is a fruit enriched with a powerful blend of a variety of health-promoting, free-radical-fighting polyphenols that you'll only find in plants native to consistently sun-soaked climates.

Among these polyphenols are proanthocyanidins, a group of flavonoids found in a variety of plants and fruits—though most notably in chocolate, pine bark, grape skin, grape seed, and (of course) red wine. As you may already know by now, a large body of research has demonstrated these flavonoids' ability to support heart health, strengthen blood vessels, maintain joint flexibility, and uphold optimal metabolic processes in your body, including the delivery of oxygen to your cells.

Another big source of health benefits is the mix of mono-, oligo-, and polysaccharides you'll find intact in the coffee berry—many of which are otherwise destroyed in the roasting process of your typical coffee beans. Recent research has shown that, besides being a necessary source of fuel for your body, a certain family of these nutritive carbohydrates plays an especially crucial role in healthy biological signaling within your body—thus reinforcing a strong and efficient immune system.

But perhaps the most important of the plant metabolites found in coffee berries are phenolic acids, also present in many other brightly colored berries, like blueberries, strawberries, and raspberries—all of which are well known in the nutritional world for their superior antioxidant power. As is the case in these berries, the particular compounds in coffee berry (including caffeic, chlorogenic, and ferulic acid) also happen to be adept at keeping free radicals at bay, while promoting proper cell division and—as an added perk—keeping sun-exposed skin looking young and healthy.

In fact, analysis shows that they might be even *better*. On the ORAC scale (short for Oxygen Radical Absorbance Capacity) coffee berries score an astounding 15,000. That number is practically off the

charts—and it's also over 100 times higher than the score achieved by the pomegranate, the century's most popular cancer-fighting, cholesterol-busting superfruit.

At this point, coffee berry products are relatively tough to come by—but while the rest of the world might have to wait for easy access to this supplement, I've found one that's available to you right now.

## **#9 New hope for anyone who has ever suffered a stroke**

Tocotrienols not only lower cholesterol levels naturally but also keep the blood thin and flowing freely. They have also shown the ability to actually dissolve dangerous arterial plaque that can lead to a heart attack or stroke. They are also exceptional antioxidants, protecting cells throughout the body from oxidation that can lead to malignancy or damaged blood vessels.

Recently, the medical community was electrified by a study that led to dramatic improvements in stroke patients. The study used a special tocotrienol preparation distilled from palm oil, called PalmVitee. This ultra-pure and high-potency formula is produced in Malaysia expressly for use in scientific research. Because of the very limited supply available, it has never been available to consumers.

Although the results of this trial were stunning, the findings are consistent with previous research demonstrating the positive effect of tocotrienols on cardiovascular health. However, the unique attributes of PalmVitee may have been a factor in the exceptional outcome.

Other palm-derived products are produced from refined palm oil, from which much of the tocotrienol content has been stripped. PalmVitee, on the other hand, is made from a tocotrienol-rich derivative of the crude oil called PFAD (palm fatty acid derivative). The result is an exceptionally pure and potent product that has not been excessively refined and processed. Pending further clinical trials on stroke patients, we cannot assume that other tocotrienol products will produce identical results.

## **#10 The link between homocysteine and heart disease**

The truth is that cholesterol is NOT the deadly threat you may think it is. Aside from the fact that it's necessary for everything from the production of sex hormones to bile synthesis . . . it does not clog your arteries unless it has something to attach to: a tear, a rough surface, a ridge, a sharp turn.

When the homocysteine levels in your blood become too high, the perfect conditions are created for plaque buildup. An amino acid, homocysteine, promotes the growing of smooth muscle cells just below the inner wall of the artery. Multiplying rapidly, these cells create a deadly bulge that protrudes into the artery itself. On this bulge, cholesterol, blood products, and calcium begin to accumulate. These are the blood traps that lead to problems like impotence, poor memory, heart attacks, strokes, and even death.

Research shows that vitamin B<sub>6</sub> is one of the key helper nutrients necessary for normalizing homocysteine levels. Unfortunately, the typical American diet is low in vitamin B<sub>6</sub> and high in methionine. And because of food processing, it's almost impossible to get enough B<sub>6</sub> in the North American diet.

Recent research has uncovered similar links among homocysteine, folic acid, and B<sub>12</sub> and has found that you need all three nutrients to keep homocysteine levels down.

### **Here's what you need to do TODAY!**

You can't ensure healthy, effective levels of B<sub>6</sub>, B<sub>12</sub>, and folic acid through diet alone. Unfortunately, we've discovered that most multivitamin formulas fall short. They simply don't have enough B<sub>6</sub>, B<sub>12</sub>, or folic acid to be effective in reducing homocysteine levels.

There are a number of specialized formulas now available that specifically address the homocysteine threat. Check your local health-food store, or, you can try a high-quality supplement called CardioSupport



that is based on the latest homocysteine research. Each tablet provides 800 mcg of folic acid, 500 mcg of B<sub>12</sub>, and 25 mcg of B<sub>6</sub>. In addition, the formula includes beneficial components that aid in the metabolism of these crucial heart protective nutrients.

## **#11 The single-ingredient formula rivaling a major class of blood pressure drugs**

In many cases, you can control your blood pressure with some simple diet and lifestyle changes. But unfortunately sometimes drugs are necessary. Necessary because some cases of dangerously high blood pressure stay that way no matter what you do to try to lower them. And unfortunately because the only drugs that seem to work come with a nasty list of side effects. So we always keep an eye out for natural hypertension alternatives for those of you who need that helping hand. The latest one to cross our desks is called Vasotensin, a product formulated from a single ingredient that appears to rival one of the leading classes of hypertension drugs—but without the potential risks.

### **Japanese fish alleviates hypertension**

Vasotensin is made from a substance called bonito peptides. That's it—one ingredient. The manufacturer, Metagenics, claims that bonito peptides have been shown to have such significant effectiveness as a single ingredient that there's no need to add any others. So what exactly are bonito peptides? Well, in general, peptides are short chains of amino acids. Specifically, bonito peptides are amino acid chains isolated and extracted from the bonito fish, which is a member of the tuna and mackerel family.

Bonito peptides have been shown to inhibit Angiotension Converting Enzyme (ACE) activity. ACE spurs the formation of angiotensin II—a potent compound responsible for blood vessel constriction. ACE also has a negative effect on a substance called kinin, which lowers blood pressure by relaxing blood vessels. So, in other words, bonito peptides seem to slow down the process responsible for high blood pressure.

The bottom line on Vasotensin is it has potential. Even though the majority of testing seems to have been done by the manufacturing lab in small, short-term studies, all results were positive and showed no bad reactions. Of course, you should keep in mind that it is an ACE-inhibitor, and with these types of products there is always a possibility of potassium buildup and kidney problems. So even though Vasotensin is a natural ACE-inhibitor, you still need to work closely with your doctor to regularly monitor your potassium and blood pressure levels, as well as your kidney function.

## **#12 Ayurvedic herb fights angina, heart disease, atherosclerosis and more**

Once in a blue moon, HSI uncovers a supplement that does so many things, it's hard even for us to believe it's real. Such is the case with arjuna. The *Terminalia arjuna* tree is found throughout India, and its bark has been pulverized and used for heart conditions for over 2,700 years. Researchers are now investigating other diseases that may benefit from this Indian herb, but it's already a well-proven cardiovascular “cure.”

If you're under a doctor's care or taking prescription drugs for any cardiovascular condition, you should consult with a practitioner before supplementing with arjuna. Because the herb is so potent and effective, the combination of arjuna and drugs may cause too sudden or too severe an effect.

### **Lower LDL cholesterol by at least 25 percent**

Although vitamin E has been shown time and again to be an effective supplement for controlling cholesterol levels, the antioxidant capacity of arjuna outperformed the vitamin in a recent randomized placebo-controlled trial in India.

More than 6.2 million Americans suffer from angina (chest pain) due to an insufficient supply of blood to the heart. While nitroglycerin is a drug often prescribed for this condition, its effectiveness is reduced with each use. Arjuna, however, can continue to relieve angina regardless of how long it's used.

If heart disease runs in your family and you'd like to take preventive measures, arjuna may do the trick. Scientists gave laboratory rats a supplement containing the herb for 60 days, and after that time gave them isoproterenol, a synthetic chemical that causes an irreversible destruction of heart tissue. Researchers found that pretreating the subjects with arjuna offered "significant cardioprotection."

If the cholesterol circulating in your bloodstream isn't removed on a regular basis, it can deposit on the walls of your arteries. If left untreated, atherosclerosis can kill you. But arjuna has been shown to turn around this life-threatening condition.

### **The same herb may fight cancer as readily as bacterial infections**

One of the unique benefits of herbal therapies is their adaptogenic property. Many times, a single herb can conquer diseases and medical disorders with seemingly different origins and mechanisms. (Drug therapy is much more targeted and thus limited.) Doctors prescribe antibiotics for bacterial infections and must use completely different types of drugs to fight cancer. Although bacteria and cancer seem to start and spread by different means, arjuna has been shown to successfully fight both.

According to the Entomology Research Institute of Loyola College in India, *E. coli*, which is a dangerous food-borne pathogen, is no match for arjuna.

*Salmonella typhimurium* is the culprit behind paratyphoid fever, which is a milder form of typhoid fever, as well as salmonella gastroenteritis, a type of food poisoning. But researchers found that ellagic acid, one of the constituents of arjuna, is quite effective against it and stops it from mutating, thus preventing the spread of disease.

While antibacterial drugs have not been proven to work against cancer, it appears arjuna can live up to this double duty—and without the damaging effects of chemotherapeutic drugs.

While no one drug or therapy works against all types of cancers, arjuna may help fill the gap for some forms of the disease. According to scientists at the Department of Botanical Sciences at Guru Nanak Dev University in India, arjuna has cancer-fighting properties and may be a promising agent for stopping cell mutation—believed to be one of the first steps in cancer development. By preventing this initial process, arjuna may cut off one of the most common routes used to convert normal cells to cancerous ones.

### **T. arjuna is not only effective—it's inexpensive!**

Scientists still don't fully understand the many disease-fighting mechanisms of arjuna, so research on this herb continues. We've only scratched the surface of this incredible tree and will continue to keep you updated as new uses for it are discovered. T. arjuna is available from Himalaya USA under the name of "Arjuna Cardiac Tonic." Refer to the Member Source Directory at the end of this report for ordering information.

## **#13 Lower your cholesterol 10-20%--without a single side effect!**

If your doctor is pushing you to take statin drugs, read this immediately. Because it doesn't get any simpler than this: Statin drugs destroy lives.

Take this account, from an issue of Smart Money from a few years back, about Mike, whose health was ruined by statins: Absolutely everything was wiped from Mike's memory—his age, the layout of the local grocery store, the names of lifelong friends...

Muscle pain had him awake until dawn. And every day, his wife gently stretched and straightened out

his cramped and gnarled arms.

When the article was published, he was only 56, and had been off statin drugs for a year. While his condition had improved somewhat, who knows if he will ever make a full recovery.<sup>1</sup>

And that's just one story. Believe me, there are a million more tales of the horrific side effects of statin drugs. So why are they the first thing so many doctors turn to when a patient's cholesterol peaks?

It's especially maddening when you know that there's a safe, natural alternative to statin drugs—one so promising that even the FDA has taken notice. Plant sterol esters are revolutionizing the way high cholesterol is managed.

There's one formula that packs more of these high cholesterol-busters than any other available. American BioSciences, the company responsible for the cancer-fighting powerhouse Avemar, recently introduced CholestSolve 24/7.

It contains more than twice the amount of plant sterol esters than any other blend I could find. Taking 800 milligrams or more per day is recognized by the FDA as sufficient for lowering cholesterol, but CholestSolve 24/7 packs in 62% more—a whopping 1,300 mg.

When I sat down to talk to the developers of CholestSolve 24/7 to find out how it works, I was all set to have a bunch of medical terms thrown at me. Instead, the explanation went something like this: “You eat food with cholesterol in it. Plant sterols block that cholesterol from being absorbed.”

Yep. It's just that simple.

If you want to get a little bit more in-depth, about half of the cholesterol you take in with foods gets absorbed in the intestinal tract. Plant sterols are absorbed much less. The exact mechanism is still unknown, but what basically happens is that free sterols interfere with the absorption of cholesterol.

CholestSolve 24/7 is a side-effect-free solution backed by a slew of trials that all say the same thing: It works.

Alone, plant sterols lower total and LDL cholesterol by around 10% (sometimes more than twice as high as that, according to at least six clinical trials). And if you commit to a diet and exercise plan, you're looking at a 20% reduction.<sup>2</sup>

Sterols can start taking effect within a few weeks, and in studies over the course of a year the effect remained stable. Long-term use will very likely lower your risk of chronic heart disease by 12-20% in the first five years, and by 20% over a lifetime.<sup>2</sup>

Plant sterols have their best effect when they are taken in two servings at different times during the day. Consumed two times per day, they reduce LDL cholesterol, but not when they are consumed only once per day.

They also only really work if you need them. Numerous studies have demonstrated large reductions in LDL levels in subjects with high to very high baseline levels of cholesterol, but very little reduction in subjects with optimal to borderline base levels.<sup>3</sup>

If you're already on statin drugs, and your doctor is talking about doubling your dose because they aren't working for you, there's good news—taking plant sterols in combination with statin drugs actually works better than simply doubling the dose of your drugs.

Even with just the plant sterol esters, American BioSciences would have had a great cholesterol-buster on their hands. But they weren't content to stop there. So they packed CholestSolve 24/7 with an antioxidant blend aimed at keeping your heart pumping strong for years.

## Reports 14-18: Banish the pain and inflammation of arthritis

### #14 The silkworm's secret: Ease inflammation and respiratory illness with this enzyme

At some point or another, you've probably seen a nature film showing a caterpillar turn into a butterfly: It weaves a cocoon around itself, and eventually it breaks through the hardened chrysalis, having sprouted wings and changed form almost completely. In the case of the silkworm, there is a specific enzyme called serrapeptase that helps break down the cocoon, letting the newly transformed moth emerge.

Serrapeptase works by dissolving non-living tissue. This ability captivated researchers around the world, who have subsequently studied its effects in the human body. Some of the claims made about serrapeptase (also known as serratio peptidase) may be stretching it just a tad—we've heard reports that it helps with rheumatoid arthritis, ulcerative colitis, psoriasis, uveitis (eye inflammation), allergies, and may even help fight some forms of cancer. While some of those claims make sense logically, we haven't found enough clinical evidence just yet to tell if they're valid.

But many studies do verify serrapeptase's ability to perform two key functions: It dissolves dead tissue and reduces inflammation. And those functions can ease numerous medical conditions. In human trials overseas, people using serrapeptase have found relief from inflammation, carpal tunnel syndrome, bronchitis, sinusitis, and other ear, nose and throat ailments. According to one alternative medicine practitioner in Germany, it may even dissolve arterial plaque.

Serrapeptase is a blood-thinning agent. Consequently, it may impact anticoagulant therapy and other medications. To avoid any potential complications, consult your doctor before taking serrapeptase. Serrapeptase is available from a number of Internet sources, including the Green Willow Tree in a product called SP-Zyme. Ordering information is listed in the Member Source Directory on page 81.

### #15 Replace Vioxx with the latest all-natural arthritis remedy

At HSI, we've covered natural arthritis remedies many times over the years. And now that Vioxx, the pharmaceutical drug many people relied on for pain relief, has been pulled from the market, we thought it was the perfect time to report on one of the latest all-natural, safe remedies we've come across—Kaprex.

#### Block your body's damage-causing signals

Kaprex works by interfering with signals in the body that result in the production of damaging compounds that cause your pain and negatively impact cartilage and other joint tissues.

To find the best candidates for the formula, product developers at Metagenics' MetaProteomics™ Research Center screened over 150 natural substances. These in-vitro tests examined each potential ingredient for efficacy by studying its effect on cell protein synthesis and activity.

The researchers compiled and analyzed thousands of data points and selected three based on their outstanding effectiveness—oleanolic acid, rosemary, and hops.

Recent data suggests that components of hops—such as reduced isoalpha acids—may inhibit the formation of inflammation-causing prostaglandins. The form added to Kaprex is a proprietary extract of hops called Luduxin™.

Oleanolic acid is derived from olive leaf extract. Research indicates that it may support joint health as a pain reliever as well as protect against potential damage to your stomach lining. And rosemary leaf extract

stimulates circulation and eases pain by increasing blood supply.

Although these herbs were chosen for their individual arthritis-relieving properties, the product developers found that when they put all of them together the effects were even better. Think of it as herbal teamwork.

A recent study examined Kaprex's absorbability and bioavailability. Six subjects supplemented on different days with either one Kaprex tablet, three Kaprex tablets, or one Celebrex capsule. Their blood was drawn prior to dosing and at one, two, four, six, and eight hours after dosing. The blood samples were analyzed for their ability to reduce PGE2 levels.

Kaprex worked quickly and maintained effectiveness for hours, with activity beginning to decrease at eight hours. One tablet of Kaprex appeared to be as effective as one capsule of Celebrex and worked more rapidly. As you might expect, three tablets of Kaprex produced a significantly greater effect than just one tablet.

Kaprex is available in 30- and 90-tablet bottles. The recommended dose is one tablet three times daily. According to Metagenics, you'll know whether it works for you within seven to 10 days. If it doesn't help, you can send back the bottle for a full refund.

## **#16 The volcano cure for joint breakdown**

SierraSil is made from a distinct, naturally occurring volcanic mineral deposit mined only in an exclusive location high in the Sierra Mountains.

This distinct volcanic compound, which contains a uniquely balanced blend of 65 macro and trace minerals, has been shown to support joint mobility and flexibility, and based on what I've been told, is changing people's lives.

Even the manufacturing process is unique. It occurs naturally in a unique textured rock form, which is extracted from one specific surface mine site located five hours from the closest city. Once it's taken from the ground, it's put in barrels and moved to the manufacturer's location where it is pulverized, heated to ensure that there are no microorganisms present in the formula, then put into capsules.

An in-vitro study using human cartilage tissues and cells from osteoarthritis (OA) patients found that SierraSil reduced the breakdown of cartilage cells by 68 to 73 percent in just one week. According to the lead researcher of the study, Mark Miller, Ph.D., "SierraSil... may offer exciting new approaches to limiting the joint destruction and lack of mobility associated with arthritis."

Based on results of this pilot study, the mineral complex is currently being investigated in a randomized, double-blind, placebo-controlled human clinical trial involving 120 patients with OA of the knee.

In the meantime, testimonials have been flooding in. They relate some pretty powerful stories. One woman's letter said, "I cried when I noticed for the first time in years I wasn't thinking about my pain." Another person commented, "After getting partial relief from natural remedies for joint problems I have finally found complete relief."

SierraSil comes in either capsule or powder form. It is available in many health food stores across the country, and we've offered a phone-order source in the Member Source Directory on page 81. The recommended dosage for SierraSil is one capsule three times daily or one scoop of powder daily, mixed into juice, water, or food.

## **#17 Raw bar favorite offers arthritis relief**

Imagine if you didn't need pain relievers every day? Our research has uncovered a completely safe and natural food extract that may be the most powerful anti-inflammatory compound ever discovered.

It's called Lyprinol, an active lipid fraction isolated from the New Zealand green-lipped mussel, or Perna



canaliculus. According to centuries-old tradition, native Maoris believe that eating the green-lipped mussel leads to a long and healthy life. And, in fact, medical statistics show that arthritis and rheumatic disorders are unknown among the coastal-dwelling Maori.

Scientists have now determined that the anti-arthritic properties of the green-lipped mussel are due to the unique configuration of certain polyunsaturated fatty acids (or PUFAs) called Eicosatetraenoic Acids (ETAs). Related to the Omega-3 fatty acids found in fish, flaxseed, and perilla oil, ETAs display more intense and targeted anti-inflammatory and anti-arthritic activity than any other known PUFA or Omega-3 fatty acid.

The methods used to concentrate these active components in a pure and stable form have been patented in several countries. The final result is now available as Lyprinol.

Researchers at the University of Queensland in Brisbane, Australia, studied the efficacy of Lyprinol using laboratory animals with adjuvant-induced polyarthritis, which is the closest model for rheumatoid arthritis in humans.

When administered as an oral supplement, Lyprinol reduced arthritis-related swelling in the animals' paws by more than 90 percent. It was also effective when rubbed directly into the affected area.

### **Recommendations for use**

Lyprinol is recommended for the alleviation of inflammatory conditions, including osteoarthritis, rheumatoid arthritis, and virally induced arthritis.

While Lyprinol appears to be the most powerful anti-inflammatory and arthritis pain reliever yet discovered, it still won't rebuild or restore previously damaged cartilage. For the most complete healing of arthritis, we recommend you combine Lyprinol with a natural joint-building supplement containing glucosamine and chondroitin.

The amount needed for optimal results can vary widely for each individual, but range between two and four capsules per day. A higher amount (up to six capsules per day) can be used for the first one to two weeks of use. It can take up to four weeks to evaluate the full benefit. In addition, the research suggests that rubbing Lyprinol onto swollen and tender joints can help relieve pain and swelling. To do this, simply open the capsule and squeeze the contents onto the affected area. See the Member Source Directory in the back of this report to learn how you can order Lyprinol.

## **#18 A hearty, cold-weather shrub just might be the bush that lays the golden fruit**

"It sounds too good to be true," I said, referring to a medicinal plant called Seabuckthorn.

"I know it does," said the woman on the other end of the phone. "But it is that good. Let me tell you a story. There was a one-year-old child who was admitted to a hospital in Seattle with burns over 90 percent of his body. After a year he was still in the hospital with an open wound under his arm. Nothing would help that wound heal. Then doctors applied the oil from Seabuckthorn seeds to the wound. Within 24 hours the wound had begun to heal." She paused for dramatic effect, and I continued to wonder.

The sample that I had received came with horticultural and nutritional information. Seabuckthorn (*Hippophae rhamnoides*), a shrub that bears yellow to orange berries, produces fruit and seeds that contain high concentrations of vitamins, protein, carotene, and fatty acids. Products made from Seabuckthorn seeds and berries range from cosmetics to dietary supplements to pharmaceuticals that treat burns, infections, and ulcers. The plant also reduces inflammation, supports a healthy liver, and may even have a therapeutic effect on tumors.

Between the berries and the seeds of Seabuckthorn, the plant has been demonstrated in clinical studies to reduce inflammation by retarding the growth of bacteria, to aid in the healing of burns and skin grafts

(the essential fatty acids promote skin regeneration), to reduce the signs of aging (the concentration of antioxidants is very high), and perhaps to help heal gastric ulcers, treat parasitic infections, support respiratory function, and even retard the growth of tumors (though the mechanism whereby Seabuckthorn supposedly affects tumor growth is admittedly unclear).

If you're interested in trying this for yourself, call distributor Gladys Brown—she'd be happy to hear from you. International shipping laws prohibit her from shipping whole plants, but she can send you almost anything else. If you're new to Seabuckthorn, she recommends that you start with the juice. Be sure to mix it with a sweeter juice, at least initially. On its own, it has the astringency of straight, unsweetened cranberry juice.

If you're interested in skin creams, energy capsules, or tea, Gladys can help you with any of these items as well. You can also order a whole line of items from Seabuckthorn International—a large seabuckthorn distributor based in British Columbia.

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## **Reports 19-23: Drug-free solutions for diabetes**

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### **#19 Dodge the sugar bullet—and double your chances of beating this leading killer**

For years, HSI Panelist Jon Barron had resisted suggestions that he devise an approach for battling diabetes. His reluctance, he told me, stemmed from his belief that using formulas to manage the symptoms of diabetes without dealing with the underlying causes ultimately fails. The responsible approach, he thought, was to help people optimize the health of the organs in the body that control blood sugar levels—not to treat the symptoms after people had the disease.

But the realities of the American diet finally changed his mind, and he began to look at botanicals that could actually accomplish both things simultaneously, help control blood sugar levels and help rebuild the organs that control those levels—not just in diabetics and pre-diabetics, but in anyone eating a less than perfect diet.

A number of herbs, including milk thistle, bitter melon, ginseng, and aloe, are used to control blood sugar. Ayurvedic medicine offers more than 44 different herbal therapies and formulas for diabetes. Both fenugreek and gymnema, for example, come from this tradition. And these two have been the subject of 30 different studies of varying degrees of scientific rigor in Indian and Western literature. Only two did not favor the treatment being tested.

After investigating a number of botanicals, Barron settled on four. The first two come from the Ayurvedic tradition and the third from Japan. There is extensive research, including clinical trials, on these three. The fourth, nopal cactus, has a folk tradition in the American Southwest and Mexico; research on it is promising, but not as extensive as the others.

It's worth noting that several of these botanicals also impact high blood pressure and abnormal blood lipid levels, both characteristics of pre-diabetes, as well as blood sugar levels. Evidence suggests that one even regenerates cells in the pancreas, which, in turn, facilitates healthier insulin levels.

### **This four-in-one solution kicks sugar and fat metabolism into overdrive**

These four botanicals make up what Jon Barron refers to as his “sugar, lipid metabolic enhancement formula,” officially called Glucotor. It's designed to offset the impact of high-sugar, high-fat foods. In pre-diabetics and non-diabetics, it can help promote healthier blood sugar and cholesterol levels...and a healthier weight. Jon told me he takes it himself on occasion and avoids the sleepiness that follows a few hours after indulging in a meal that's a little too rich or too sweet.

For diabetics, Glucotor may have even bigger ramifications. Although the formula hasn't undergone clin-



ical trials, one physician has tested it in his family practice in Evansville, Indiana, on diabetic patients. According to Barron, “It produced results that the doctors have not seen before, even with hard core drugs,” including dramatic changes in blood sugar levels.

Even better, Barron has introduced a new and improved version of Glucotor (Glucotor v.2) that includes an all-natural ingredient, Cinnulin PF, which has been proven to boost the body’s insulin response 20-fold. This one addition to the original formula has made the already miraculous Glucotor up to 300 percent more effective than similar products without the potential of toxic side effects.

The recommended dosage for Glucotor v.2 with Cinnulin PF is one or two capsules five to 10 minutes before eating. If you’re currently taking medications for blood sugar, cholesterol, or heart disease, talk to your doctor before trying this formula.

## **#20 Curb cravings, lower your blood sugar, and reverse metabolic syndrome for good with a single restorative formula**

Whether it’s the byproduct of genes, aging, or a lifetime of unhealthy habits, metabolic syndrome (that cluster of related conditions also known as insulin-resistance syndrome) clearly sits atop a slippery slope. If left unattended, the onset of Type II diabetes is a looming inevitability, as are its often-fatal complications, including heart disease, hypertension, kidney failure, neuropathy, and blindness.

Now, let’s be honest with ourselves. There are probably more herbal supplements promising to be the answer to the diabetes epidemic that don’t work than there are those that do. The manufacturing process makes for challenges in both product analysis and distribution that your typical supplement company has little time for. Eager for minimum hassle and maximum return, many put together rag-tag formulas built on buzzwords and a shoestring budget—leaving consumers with a whole lot of hype and very little payoff.

### **Benefits greater than the sum of its parts**

In general, the primary actions of any supplement fall upon the shoulders of the first three ingredients. In the case of MetaPhase, we have Lycium root-bark, turmeric, and cordyceps. Lycium root-bark is the lead herb, appearing in the formula in the largest quantities, and is a modern staple in Chinese herbal diabetes treatments due to its ability to lower blood pressure and regulate sugar levels. Turmeric, the second herb, is used in many Chinese formulas to reduce inflammation, calm the nerves, and restore gall-bladder function, enhancing bile secretion and facilitating the digestion of fats. The formula’s third herb, cordyceps, is also adept at reducing blood sugar and is said to have overall strengthening properties.

With these three herbs acting as MetaPhase’s main players, four additional herbs assume the supporting roles.

- Barbary wolfberry is a popular Chinese health-food herb that supports the liver and kidneys, benefits vision, and replenishes energy.
- Cucurbita fruit (the botanical name for pumpkin) can help reduce blood sugar levels.
- Chinese hawthorn improves blood circulation, lowers cholesterol, and blood pressure and supports proper digestion.
- Ophiopogon, traditionally used in China to prevent the fluid loss that results from diabetic disorders, supports and restores pancreatic function, reducing blood sugar and relaxing the muscles.

The last ingredient, jujube seed, is a newcomer to the arena of diabetic herbal formulas. But in China, it’s the main component of all addiction remedies on account of its demonstrated calming effects. For this same reason, it eases the agitation that accompanies the overwhelming cravings prompted by glucose and insulin imbalances. It also aids sleep. While this might seem like an unrelated perk, it’s actually an equally important function—blood sugar imbalances impede the essential regenerative cycles that occur in the body overnight.

To get the most out of MetaPhase, it's recommended that you take one to three capsules, 20 minutes before meals, three times a day. Typically, you will start noticing results within three to four weeks, though it may take up to eight weeks.

After three to five months of regular use, a maintenance dosage of one capsule twice a day before your morning and afternoon meal will ensure that your glucose metabolism—and in turn, your overall health—stays strong and steady for good.

## **#21 Prevent—even reverse—diabetes damage with the vitamin “teacher” breakthrough**

Think of glucose as a schoolyard bully constantly goading your cells and getting them into trouble. If you're a diabetic, all of your cells are surrounded by blood that contains elevated glucose levels. Many of them manage to remain unaffected and keep internal glucose levels normal. But certain cells are unable to regulate glucose and instead develop high internal levels of sugar, which they can't completely metabolize. This creates reactive oxidative stress (ROS) within the cell and sends your body into a tailspin that can result in conditions typically associated with diabetes, such as neuropathy and vision loss. And once these conditions set in, they're usually permanent, since there are no mainstream drugs or other formulas designed specifically to treat the complications of diabetes.

So your cells need help in order to learn how to exist in the negative environment associated with high blood sugar. What they need is a positive role model. And research is now showing that the simple B-vitamin thiamine might be just the teacher your cells need.

We've found a new form of thiamine that has only recently become available in the United States. Just a small amount prevents glucose-induced problems from occurring and may also help reverse damage that's already been done.

### **Are you “browning” with AGE?**

It's a vitamin we don't hear much about, but, in fact, your body needs thiamine more than you might imagine—especially if you're a diabetic. It plays a vital role in carbohydrate metabolism within all cells of the human body.

Recently, researchers released a study using a fat/lipid-soluble form of thiamine. This study not only confirmed scientists' original hypotheses about thiamine's potential for diabetes but also confirmed hope for millions of people looking for ways to fight back against the disease.

### **300% boost in enzyme activity holds off damage from diabetes**

The factor that made the significant difference in this study is a supplement called benfotiamine, a lipid/fat soluble derivative of vitamin B1 (thiamine). In the presence of allicin, the active principle of garlic, the water-soluble thiamine hydrochloride is transformed into a lipid-soluble compound. According to studies, as an oral supplement, benfotiamine is absorbed more rapidly and for longer periods than water-soluble thiamine. And its unique structure enabled it to pass directly through cell membranes, readily crossing the intestinal wall and being taken straight to the cell.

As a result, your body absorbs benfotiamine better than thiamine itself and levels of thiamine remain higher for longer. Thiamine absorption from benfotiamine is about five times higher than conventional thiamine supplements. So benfotiamine has more time and opportunity to work with your cells, teaching them how to handle the difficult situations glucose puts them in.

### **Dosage concerns require extra care**

Researcher Dr. Michael Brownlee is currently applying to the U.S. Food and Drug Administration to

test benfotiamine as an Investigational New Drug. Since his research has been focused on animals, he is eager to study benfotiamine's potential human benefits.

Although some dosage regimens start out with high doses and scale back down, Robert C. Holladay, M.S., who has compiled a great deal of benfotiamine research, recommends a more moderate approach. He asserts that, "Ingestion of benfotiamine may result in the elimination of AGE-protein cross-links, which are a major constituent of arterial plaque. I am concerned about the rapid manner in which it may cause the removal of plaque from blood vessels. If the plaque is being removed, a large chunk might break off and cause a stroke or heart attack. If I was older than 60 or if I had a serious problem with high blood pressure I would probably start out by taking very low doses of benfotiamine and gradually increase my dosage. Of course, there are no reports of strokes or heart attacks from benfotiamine in the medical literature, but it is a thought to consider."

Many researchers suggest beginning with a lower daily dose and then raising the amount every two weeks until benefits are being realized. This approach would look something like this: 200 to 300 mg per day for the first two weeks, then raise the dose to 300 to 450 mg daily. You may need to increase your dosage to 400 to 600 mg daily, depending on the severity of your condition. Once you reach the ideal level for you, this becomes your maintenance dose.

Benfotiamine, combined with exercise and a balanced diet, appears to be the next step in fighting diabetes and preventing it from causing too much damage to cells. Or as I like to think of it, a way for you and your cells to really teach glucose who's boss.

## #22...

Silymarin (a component of milk thistle) has been used for hundreds of years as a treatment for liver disorders. New research suggests that milk thistle may also be beneficial for Type 2 diabetes. In a recent study, fasting glucose levels decreased by about 15 percent among Type 2 diabetics who took 200 mg of milk thistle daily, while this same measure increased by a similar margin in the placebo group. Triglyceride levels dropped by 25 percent in the milk thistle group, but increased by 12 percent in the placebo group.

## #23 Banaba plant lowers blood sugar by 32 percent—in just three weeks

The banaba is a medicinal plant commonly found in the Philippines and Southeast Asia. Its leaves were traditionally brewed to make a tea used to counteract diabetes and high blood sugar. Researchers found that corosolic acid was the active ingredient in the leaves, so they standardized the extract and created a product called Glucosol.

Glucosol and insulin supplements work in different ways. The risks you experience with insulin supplements—either too-low or too-high blood sugar levels—don't happen with Glucosol. Available without a prescription, this herbal extract can help you get control of your blood sugar levels and avoid the serious consequences of diabetes.

Glucosol is available as Sugarsolve from The Harmony Company. Each bottle of Sugarsolve contains 60 softgel capsules and sells for \$29.95. One softgel should be taken 30 minutes before a meal. See page 83 for ordering information.

## Reports 24-32: Finally—wake up pain free

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### #24 One-time charge for long-time relief from chronic pain

In the May 1998 issue of Members Alert, HSI wrote about the FDA ban on one of the products we had featured several years before—a pain-relieving blanket made from a fabric called Farabloc. That's right: It's not just vitamins, herbs, and other natural supplements the FDA wants rid of—it's all alternative therapies, even items as harmless as a blanket.

Although it demonstrated fantastic success for pain management and had proven itself in clinical studies, the FDA removed Farabloc from the American market. It declared that there was insufficient evidence to “adequately demonstrate the safety and effectiveness of Farabloc” technology.

In addition to the clinical trials supporting it, it had also earned enthusiastic endorsements from physicians, insurance agencies, and consumer groups. And the feedback we received from scores of HSI members related near-miraculous results—including the elimination of knee pain, stiff necks, stump pain, arthritis, hip pain, muscle sprains, menstrual cramps, and migraines. In fact, one of our own staff members swore that the Farabloc blanket was the best—and only—relief she ever found from constant lower back pain caused by a slipped disk.

But, again, sometimes when a product works—really works—and the market demands access to it, things have a way of re-emerging. And Farabloc happens to be one of those things that really, truly works.

#### An investment in relief

Since its creation, Farabloc fabric has taken on many forms. There are, of course, the original blanket versions, which range in size from 12 inches by 30 inches to 34 inches by 58 inches. But there are also unique variations like socks, mitts, cummerbunds, and even full short- or long-sleeved jackets. You can also have an item custom-made, if you have a particular need that the other Farabloc products don't address.

Prices range from \$50 all the way up to over \$550, depending on which specific product and size you choose. So Farabloc isn't necessarily a bargain. But considering that it's reusable (and even machine washable, provided you don't wring it out), it may very well be an investment that you can continue to collect returns from for years to come.

And there are no side effects to worry about unless you happen to be allergic to nylon or steel.

To be quite honest, we're not sure what changed the FDA's mind about Farabloc. They've refused to see the light on numerous other highly effective natural products.

But regardless of the reason or motive behind the decision, it's great news for people who have been without this powerful pain reliever for the past six years. And, who knows? Maybe this will pave the way for re-introduction of other previously banned products that could be a godsend for you or someone you love. See the Member Source Directory on page 81 for complete ordering information.

### #25 Want relief from migraine headaches? A few drops under the tongue may be all you need

A new product called MigraSpray recently landed on my desk—and from the initial reports I'm getting, it sounds like it might be the answer to your prayers if you suffer from migraines.

So how does it work? It's a homeopathic blend of four traditional herbs: feverfew, goldenseal, dandelion, and polyporus officinalis. The lead ingredient, feverfew (*tanacetum parthenium*) is a traditional herbal remedy for migraines and clinical studies have supported its ability to prevent migraines and reduce their severity.

The other ingredients in MigraSpray are not traditional headache remedies, but each contributes factors

that may complement feverfew's anti-inflammatory power. Goldenseal (*hydrastis rhizoma*), which contains the amebicide phytochemical berberine, has traditionally been used to treat cholera. But herbal authorities also report that goldenseal can work as a sedative and an anti-inflammatory, particularly relieving inflammation in the mucous membranes of the head and throat. Dandelion (*Taraxacum denleonis*) is best known as a potent diuretic and laxative, and is a rich source of potassium. And *P. officinalis*, a fungus commonly known as white agaric or larch agaric, is known in herbal medicine to have effects on the sympathetic and spinal nervous systems, and is used as a remedy for spasmodic nerve pain and epilepsy.

MigraSpray is safe for most people, but the product label does warn pregnant and lactating women not to use it. My research also indicates that feverfew can alter clotting time. Therefore if you are taking warfarin or other blood thinners, consult your physician and get your clotting times checked. Your medical dose may need to be lowered or feverfew may be contraindicated. Also, one study indicates that non-steroidal anti-inflammatory drugs, or NSAIDs, can negate feverfew's efficacy in fighting migraines, so you may want to avoid taking NSAIDs together with MigraSpray (also probably a good idea in light of the blood-thinning consideration).

MigraSpray is available at many drug retailers, via the Internet, or by phone (see the Member Source Directory on page 81 for complete ordering information). It's hard to say how long one bottle might last, as it depends on the frequency of use. The product label recommends administering 10 sprays under the tongue at the first signs of an impending headache. After administration, wait at least 30 seconds before swallowing. If you don't feel relief after five minutes, you can repeat the process one more time.

## **#26 Tibetan medicine relieves chronic leg pain**

There are few things worse than losing your freedom to walk—not being able to go where you want to go or do what you want to do. But it's what thousands face each day, due to the often excruciating pain of intermittent claudication, a condition in which a decrease in blood to the legs brings about a reduction in oxygen to your lower extremities (which triggers the pain). The more you walk, the more oxygen is needed by your legs—hence, the greater the discomfort. This disorder can lead, if left untreated, to gangrene and is linked to other serious health problems, such as hardening of the arteries and heart disease.

Mainstream medicine has little to offer. You can try a medication like Pentoxifylline, with undesirable side effects (including extreme dizziness and vomiting) and questionable effectiveness. Or, as is often the case with Western medicine, you can opt for the ordeal of surgery.

### **An effective solution without side effects**

But thankfully, you don't have to settle for the limited choices of the West. Eastern medicine has a better option—one that's both effective and free of side effects. Padma Basic is an herbal mixture from Tibet that's quickly proving to be a powerful treatment for intermittent claudication. Formulated over 2,000 years ago, the preparation is a complex combination of 19 different herbs that combine to produce a powerful antioxidant.

While the mixture was originally intended to treat illnesses brought on by the overconsumption of meat, fat, and alcohol, its broader uses are now being discovered.

In a dramatic double-blind placebo study held in 1985, intermittent claudication patients on Padma were found to have a 100 percent increase in the distance they could walk pain-free. In addition, the drug was well tolerated by the patients. Since then, a series of studies have confirmed these original results.

Not surprisingly, the phenomenon of Padma has spread from the mountains of Tibet through Israel, Switzerland, England, and the rest of Europe. Now, Padma Basic is available to HSI members through the EcoNugenics. They've set up a U.S. order bank, to make it easier for our American members to obtain this



**#27...**

Coenzyme Q10 (CoQ10) may help prevent migraines. Studying a group of 42 migraine patients, Swiss researchers found that migraine frequency, total days with migraine, and total days with nausea were all significantly reduced among CoQ10 users, compared to placebo. The incidence of migraines was almost cut in half in the CoQ10 group, while the reduction of migraines in the placebo group was less than 15 percent.

fantastic product.

The recommended dosage for Padma Basic is two tablets taken three times a day for the first four weeks. After that, take two tablets daily. Please be aware that it could take a minimum of three months for you to receive the full benefit of this treatment. Refer to the back of this report for ordering information.

**#28 Relieve back pain with this inexpensive natural remedy**

When you have back pain, it affects everything you do. Everyday activities like carrying groceries or walking around the block can become a major challenge.

The mainstream offers NSAIDs, which can be effective for short-term relief—but can also cause negative side effects like

gastrointestinal damage. The prescription NSAIDs called COX-2 inhibitors are designed to avoid those problems—but they can be quite expensive. For many people, neither provides a good option.

But there is an all-natural remedy that is being shown to alleviate lower back pain as effectively as prescription drugs, without the risk of side effects—and without the steep price tag.

It's called willow bark extract, and it's been used by herbalists for many years to treat many types of pain. Several clinical trials have supported willow bark's efficacy against back pain. Now a new study shows that willow bark extract is just as effective as a popular prescription drug—at significantly less expense.

Here's what it found: Willow bark extract was just as effective as rofecoxib at alleviating lower back pain. Both produced similar reductions on the various measurement tools used to assess the participant's pain. And while neither therapy caused many side effects in this study, the researchers noted that the side effects from rofecoxib "tended to be more severe" and "caused more withdrawals from the study." The most common side effect from both therapies was "gastrointestinal complaints," and four people had allergic reactions to the willow bark extract.

**No reason to accept ANY side effect risks**

The active ingredient in willow bark extract is salicin, a natural anti-inflammatory. In the study, the extract was standardized to contain 15 percent salicin, and the participants took a dose equal to 240 mg of salicin each day.

With the availability of a safe, natural option like willow bark extract, there's no reason to take those risks. Based on the study results, you should watch closely to see that no allergic reaction occurs. But assuming it doesn't, this may just be the relief you've been looking for to help ease your lower back pain—and it won't break the bank, either. Willow bark tablets are widely available in health food stores and vitamin shops.

**#29 Powerful vision-supporting formula shows new pain relief effects**

You've heard the expression "you can't teach an old dog new tricks." But when it comes to many of the products we cover in the Members Alert, it seems like the "dog" knew the tricks all along and we're the ones who continue learning.

The most recent example is AstaFactor, which we covered in the November 2001 issue for its potential to offset age-related macular degeneration (ARMD)—the leading cause of blindness.

But the manufacturer got in touch with us recently to tell us about reports they've been getting about a new application—relief from sore muscles and joints that is as good as or better than many prescription drugs, but without the harmful, even deadly, side effects. And with the recent recall of the prescription painkiller Bextra, the news couldn't have come at a better time.

### **92 percent of people report pain relief as effective as prescription drugs**

If you're not familiar with AstaFactor, it's a natural product extracted from a specific type of algae cultivated on the shoreline of Kona, Hawaii. The algae is the best source of natural astaxanthin, a powerful antioxidant member of the carotenoid pigment family. Mera Pharmaceuticals, Inc, AstaFactor's manufacturer, initially focused on the vision-supporting role of the antioxidant formula but they also knew that AstaFactor offered a wide range of other benefits. So they conducted a nationwide survey to assess the specific health benefits customers had been experiencing. Of the 247 people who sent the questionnaire back in, 146 reported that they suffered from sore muscles or joints—and 88 percent of them reported that they noticed a reduction in soreness or pain after they started taking AstaFactor.

### **#30 Free yourself from the “Whack-A-Mole” approach to pain relief with the help of this new, natural dynamic duo**

When it comes to most of the options for relief out there, you can't live with them—and it looks like you can't really live without them, either. After the alarms have sounded for everything from bleeding ulcers and liver damage, to heart disease and sudden stroke, the choice you've got looks pretty grim: Deal with the pain or deal with the consequences.

But you don't have to give up on your pain-free pie in the sky just yet—I've recently learned about a new formula that combines two natural compounds, making for a balanced approach to pain relief that won't harm you as it heals you. It's called Hydrflexin—and though its ingredients might sound familiar, you probably haven't seen them used in this way before.

### **Reduce inflammation—along with your number of colds**

It was 15 years ago when Dr. Juan Hancke, a researcher at the University of Chile, was approached by a pharmaceutical company in Sweden that was seeking out a cure for the common cold. *Andrographis paniculata* was one of the plants being investigated—an herb that we learned about back in 2001.

We knew then that this plant had a long history—it's been used for thousands of years in Ayurveda and Traditional Chinese Medicine, and research shows that it's able to slash your chances of sickness in half. But what we've just found out is that *Andrographis* is as effective at cutting pain and inflammation as it is at staving off your fevers, coughs, and sniffles.

Instead of acting on only one mediator of inflammation, like COX, *Andrographis* goes to the root of your pain. By activating PPARγs (which regulate lipid metabolism, maintain glucose levels, regulate cytokine production, and control the inflammatory response), *Andrographis* also inhibits the production of nuclear factor kappa B (NFκB)—a cellular signaling factor that, when present, would normally encourage the production of inflammatory cytokines and proteins.

### **Pain relief that spares your stomach—and your heart**

Years of research have confirmed that *Andrographis* does not act on COX-1, so its use will not result in damage to your stomach lining over time. And being a natural substance, the herb does not affect prostacyclin production in the same way that a pharmaceutical attack on COX-2 would. In fact, it has been used



historically to improve heart conditions—and more recent animal studies have supported that, with results that show significantly reduced blood pressure and C-reactive protein (CRP) levels, a trend pointing toward better cardiovascular health overall.

The other ingredient in this dynamic duo is one we've told you about before: hyaluronic acid (HA). HA firms and moisturizes the inside of your body as well as it does the outside—it's the main component of your joint tissue, acting as both a cushion and a lubricant, concentrated in your synovial fluid.

Each two-capsule daily serving of Hydrflexin contains 250 mg of *Andrographis paniculata* (Paractin) and 30 mg of hyaluronic acid. You should take two capsules daily with a meal—with the best results coming between two and four months of use.

## #31 Soothe your pain on contact

Finding a way to stop the pain cycle has been a goal of Health Sciences Institute panelist Jon Barron. Recently, he teamed up with Ron Manwarren of Royal Botanicals in the development of a unique topical pain reliever that is safe and completely free of the side effects of dangerous pharmaceutical painkillers. While Barron was refining an all-natural transport system that would send herbal extracts through the skin, Manwarren had just finished formulating a healing oil based on traditional herbs—but lacked a botanical-based foundation to transport it. When Manwarren brought his new formula to Barron, their combined efforts resulted in a formula available in a product called Soothanol X2.

While over-the-counter topical products commonly contain one, two, or three pain-relieving substances, such as methyl salicylate, menthol, and camphor, Soothanol X2 has 10 proven painkillers.

Because Soothanol X2 is an easy-spreading and potent liquid, only a few drops are needed. Soothing pain relief is delivered on contact. In fact, we tested it informally here at the Health Sciences Institute Baltimore office.

The scented ingredients in Soothanol X2 are mild—contrary to the overpowering smells of most over-the-counter products. Although cayenne, one of the product's ingredients, can deliver a warming or hot sensation, much of that sensation depends on the type of injury you're treating and your sensitivity to cayenne. Of the five people who tested our sample bottle here in the office, only one commented that he felt an uncomfortable amount of heat.

Because a little goes a long way, the cost per application is extremely economical. See the Member Source Directory for ordering information. Unfortunately, this product is not available in Australia.

## #32 Wipe out post-herpetic pain with a popular flower

A case of shingles may last less than 10 days, but it's the post-herpetic neuralgia (PHN) that can hang on and cause considerable pain for long periods. In a study published in *The American Journal of Medicine*, researchers divided 30 adults suffering PHN into four groups. One group received topical treatments of geranium oil, while two groups received a mix of geranium oil and mineral oil (at ratios of 1 to 1 and 1 to 10), and a fourth group received only mineral oil.

All of the subjects who received any amount of geranium oil reported pain reduction, and those who received treatments containing 100 percent geranium oil experienced the greatest pain relief. The placebo group reported little or no relief. Some subjects experienced a slight irritation from the geranium oil, but these irritations subsided within an hour or so.

Conventional treatment for shingles is limited to anti-viral medications that sometimes take days to work, and often don't work at all. And while you may find pain relief and faster healing by using geranium oil, you should talk to your doctor or naturopathic healthcare professional before beginning any natural or over-the-counter treatments.

## **Reports 33-43: Turn back the clock without the risks of surgery**

### **#33 Harness the power of “young blood” with this Chinese herbal rejuvenator**

Vital Cell heals the body by going straight to the source of so many aches and pains—the blood. Combining modern science with China’s rich herbal tradition, Dr. Dexin Yan’s groundbreaking formula has helped thousands of patients recover their health and energy by reconditioning blood cells and improving circulation to levels normally seen only in the very young.

Vital Cell contains astragalus, Atractylodes, San-Qi ginseng, dong-quai, safflower, southern Tsangshu, Lycium Chinense, Codonopsis, red-rooted sage, and Chinese licorice. In addition to their circulation-boosting effects, the ingredients in Vital Cell also support endocrine and central nervous system function and enhance protein metabolism.

By enhancing circulation, nourishing cells, and eliminating waste products, Vital Cell contributes to overall improvements in memory, energy, and health while preventing the onset of a wide range of age-related illnesses.

After studying the effects of Vital Cell on elderly patients with circulatory problems, the study authors commented, “From the results reported here, it appears that the Vital Cell formula is not only capable of possibly slowing the aging process, but may also exert beneficial effects on disorders that involve the blood.”

Some of Dr. Yan’s case studies that our contacts at Tango Advanced Nutrition gave us show the wide range of conditions users say Vital Cell has been shown to benefit.

Mr. B., 45, had suffered from debilitating daily headaches for 10 years as a result of severe head injuries he’d suffered in a car accident. By the time Mr. B. went to Dr. Yan, he was taking prescription sedatives three times a day to control his pain. Dr. Yan prescribed Vital Cell and slowly weaned Mr. B. off all sedatives over a three-week period. As his pain subsided, Mr. B. continued to take Vital Cell. After three months he reported that his headaches were gone and that he was pain-free for the first time since his accident.

Mr. W., 37, suffered from severe arterial inflammation and blood clots in his lower right leg, which would occasionally cause him to be paralyzed from the waist down. Even though he sought medical help from many physicians, his condition only got worse. Eventually his toes turned purple and were cold to the touch. After taking Vital Cell for four weeks, Mr. W. reported that his symptoms had disappeared and that he was able to return to work for the first time in a decade.

Mr. C., 68, was admitted to the hospital because of severe chest pain due to advanced atherosclerosis. He was treated with both traditional Chinese and Western medicines, but his pain continued. As Mr. C.’s condition worsened, Dr. Yan began to administer Vital Cell. Only three days later, Mr. C. reported that his chest pain and the other symptoms had eased. After three months of taking Vital Cell, all of his symptoms disappeared. And for the last five years, he has shown no further sign of illness or symptoms of heart disease.

Mr. Y., 74, suffered from serious cognitive decline. As his condition worsened, he became anxious and confused, and he couldn’t sleep. He would forget conversations, dates, places, and names. His gait was unsteady, and he had frequent falls. The family had tried Western medicines but hadn’t gotten good results and hoped that traditional Chinese medicine could restore his health. When Dr. Yan first saw him, the patient was absent-minded and talked nonsense to himself. His pulse was weak, his breathing was shallow, and tests revealed that impaired circulation was making his dementia worse. But less than a month after he started taking Vital Cell, all his symptoms disappeared, and he was able to take care of himself again.

## Breaking study reveals the power of “young blood”

New research is continuing to uncover the potential healing effects of healthy blood. In fact, 25 years after Dr. Yan began his research, a new study has shown that blood may hold the key to the entire aging process.

The study, published in the Feb. 17, 2005, issue of *Nature*, reveals that young blood may be the key to health and longevity. To summarize the study findings: It may be the health of the blood surrounding the cells, rather than the cells themselves, that lies at the center of human aging. That means that keeping your blood young and healthy may keep you young and healthy at the same time.

Until recently, Vital Cell was only available in China. Now it's available through limited sources in the United States. Based on the study results, Vital Cell appears to be mild and nontoxic and may be taken for extended periods of time with virtually no side effects. The recommended dosage is one tablet three times a day.

## #34 Replenish your body's supply of this natural moisturizer and say goodbye to wrinkles and joint pain

The promotional material reads like an Oil of Olay commercial: “Reduce wrinkles and visible signs of aging” with a dietary supplement used by the porcelain-skinned beauties of Japan. Yes, natural medicine—that wholesome realm of herbalists, naturopaths, and health nuts—has gone “glam” and produced a “cosmeceutical.”

But heck, if natural medicine can generate products that boost the immune system, lower cholesterol, and ease hypertension, why can't it formulate products that combat wrinkles too?

A new wave of supplements containing hyaluronic acid—a complex carbohydrate that has been described as “nature's moisturizer”—are purporting to nurture smoother, younger skin. And anecdotal evidence suggests they may also support more limber, less painful joints. Further, some limited clinical experience indicates that hyaluronic acid supplements prevent bruising and accelerate wound healing—a property that benefits diabetics in particular.

### When was the last time someone told you how “Toki” you look?

There is actually some science and research to demonstrate that hyaluronic acid can help you look younger. To get to the science, we had to get past a lot of the cosmetic-counter-style marketing lingo. But we just can't move on without sharing a taste of it. Toki, for example, is a multiple-ingredient beauty supplement that includes HA. In Japanese, Toki means “skin of a porcelain doll,” writes the product's North American distributor, Lane Labs. “The highest compliment a woman can receive in Japan is that she is looking Toki.”

Regardless of whether it's new and alternative, Toki holds true to one old adage: Beauty doesn't come cheap. A box containing 60 packets of Toki sells for \$195 plus shipping. That means younger skin is going to cost you roughly \$200 a month (and closer to \$300 in the first month when the recommended dosage is higher). But then again, Botox treatments start at about \$300 per injection. And a small bottle (1.7 ounces) of Clinique's “anti-aging serum” will set you back more than \$50. Any way you look at it, the fountain of youth comes with a steep price tag.

If you want to try HA but don't want to have to sell the farm, there's an alternative. Straight hyaluronic acid supplements are cheaper than Toki. A month's supply of Injuv (which is currently being marketed under the brand name SkinGlow) costs \$62.50. See the Member Source Directory to find out how to order either of these products.

## #35 Flirting with perfection: Open the floodgates to the youth elixir in your blood

There's a hormone in your body, the primary function of which is to make you beautiful and strong.

It's no joke! In fact, this hormone has the ability to make you so stunningly strong and vital that as soon as the bodybuilding industry got wind of it, it began researching ways to enhance its production!

This hormone is called, simply, growth hormone (GH). Despite its simple name, GH does a lot more than stimulate growth. It causes tissue to grow and stored energy (fat) to be consumed.

The problem is, however, that nature played a cruel trick on us. As we age, our bodies make less and less of this magical chemical!

When you were a preteen, growth hormone stimulated your skeletal growth. In your teens and early 20s, it reduced stored fat and increased muscle and tissue mass. Sadly, when you hit your mid 20s, GH production started to slow...and continues to slow to this day.

But you can still tap into it...and turn your body into a youth machine designed to tone you down to your most trim, energetic, and healthy form.

Before we tell you about the different ways to stimulate GH production—including through the use of a new, safe, and powerful GH-stimulating supplement, which you'll read about soon—we want to warn you about the GH stimulants on the market that are, in fact, dangerous.

As we mentioned before, such a powerful youth- and beauty-enhancing chemical is of obvious interest to athletes and bodybuilders. The sports market provided much of the motivation for early research and experimentation with growth hormone. Anabolic steroids have been abused for years by people interested in bodybuilding to enhance their athletic performance. But the effects of overuse of artificial substances have often been tragic. Another GH stimulant, synthetic human growth hormone, has been available since 1986. Though it is not nearly as dangerous as anabolic steroids, it has been linked to heart disease, and some forms can actually cause antibodies that combat growth hormone.

But here's a simple, safe strategy for stepping up your body's GH production:

- *Supplement your diet with liquid potassium.* Researchers have discovered a correlation between a reduction in growth hormone and the reduction of dietary potassium. Although you can restore your body's potassium levels by eating natural, whole foods (which have more potassium than sodium), rather than processed foods (which almost always have more sodium than potassium), this is often easier said than done. Liquid potassium tonics are available in health stores.
- *Snack often...* as long as you are snacking on low-sugar, healthful foods. This will keep your blood sugar level stable. Maintaining stable blood sugar levels keeps your pancreas from producing excess insulin. When there's too much insulin in your blood, your body reacts by producing a chemical called somatostatin. Somatostatin suppresses insulin release...but it also suppresses GH release. This is also a good reason to avoid sugary sweets (especially before bedtime): High sugar snacks prevent the release of GH.
- *If you exercise, be sure to avoid eating at least two hours before you begin.* To make the best of the small, exercise-induced release of GH, your blood sugar level must be stable.
- *Make sure you don't eat (again, especially high-sugar foods) within two hours of going to sleep:* In adults, the largest daily secretion of GH begins about an hour after the onset of deep sleep.
- *Take the dietary amino acid arginine.* It has been shown to act on the hypothalamus, which produces a growth-hormone-releasing hormone (GHRH).

- *Eat more cereal grains, nuts, and seeds.* Although these foods contain less arginine than do meat, potatoes, and milk, they also contain less of the amino acids that compete with arginine to cross the brain-blood barrier where they can act on the hypothalamus.

HSI Panelist Dr. Allan Spreen told us that arginine is one of the best-known stimulants of the formation of growth hormone by the human body.

As he pointed out, “The injectable HGH (human growth hormone) is risky, as it causes the body to make less of its own, while arginine is the antithesis of that—it causes the body to make more of its own. Growth hormone is a wonderful ‘youth agent,’ and we make less as we age. The effects of rejuvenating the body (it’s skin, muscles, energy, what-have-you) apparently have been shown to extend to the immune system also.”

In addition to the dietary sources mentioned earlier, you might consider an arginine supplement. Arginine is available in most health food stores and through Internet sources.

This safe, proven plan can help you reverse aging, eliminate obesity, and even, according to some experts, convert your body to Tarzan or Jane musculature into your seventh, eighth, ninth, and even 10th decades.

## **#36 The key to good health is hiding in your bone marrow**

When a bottle of StemEnhance landed on my desk, you’d better believe I took notice. According to the formulators of this unique product—the very first of its kind to debut on the alternative health market, under a new category dubbed “stem cell enhancers”—the key to good health has been hiding in our bone marrow all along.

### **Packing the punch of a million microscopic healers into one convenient capsule**

In the August 2005 Members Alert, we told you about *Aphanizomenon flos-aquae* (AFA)—the aquatic superfood from Klamath Lake that took nutritive healing to another level. It’s chock full of vitamins and minerals (nearly 64) and omega-3 fatty acids (excellent aids in reducing inflammation), and it even contains a molecule (called phenylethylamine, or PEA) that’s known to elevate the mood, increase alertness, and alleviate depression.

In that article, we also told you about some of the studies suggesting that two of the blue-green algae’s active compounds might be responsible for boosting the circulation of your own stem cells. If you ask Christian Drapeau, a scientist with years of AFA research under his belt, he’ll tell you that the connection between stem cell circulation and a turn for the better in health is no coincidence. According to Drapeau, AFA’s compounds have been tapping into what he believes is the human body’s innate ability to heal itself.

Drapeau believes that he and his colleague have switched on our own stem cells’ superpowers with StemEnhance. And what’s more, he claims that it can help everyone with healthy marrow—no matter what his or her condition.

### **Send your stem cells to work in as little as one hour**

According to Drapeau, adult stem cells from bone marrow are much more capable than most scientists would confidently claim today. Embryonic stem cells are widely considered the more useful variety, due to their ability to morph into nearly every type of tissue in the entire body. The National Institutes of Health maintain that, while studies are still underway, adult stem cells able to give rise to all cell and tissue types have not yet been found. But Drapeau insists that they absolutely can serve this purpose, based on tidbits of the latest research that look remarkably promising, if still incomplete. A rebellious stance, for sure—but one worth considering.

Patented in November 2004, StemEnhance is a botanical extract of *Aphanizomenon flos-aquae* that, as mentioned earlier, isolates two of the algae’s most essential compounds—L-Selectin ligand and polysaccharide—to make up a high-molecular-weight fraction of AFA. What that means in lay terms is this: The



beneficial effects that AFA consumption has on your stem cell circulation can now be found in the form of a supplement that cuts directly to the chase. Not only does it promote your stem cells' more rapid release from the bone marrow, but it also increases their homing mechanism—that is, their ability to get to the damaged tissues that need them the most.

The recommended dosage of StemEnhance is one to two capsules twice a day along with plenty of water. Dark greens and algae can be a significant source of vitamin K, which may not be clearly stated on the label. According to Dr. Martin Milner, HSI's medical advisor, this could be an area of concern in terms of drug interactions (especially ones that thin the blood). If you're currently taking medication to treat a health condition, he recommends that you check with your doctor before using StemEnhance.

As sometimes happens with AFA, StemEnhance can cause a detoxifying reaction (headache, diarrhea, or skin eruptions). If you experience discomfort, you may want to drop your dosage and increase it incrementally, as your body adjusts. Every body is different, so experiences with StemEnhance will vary. While some notice immediate results, many find that it takes eight to 12 weeks for visible changes to occur.

### **#37 Human Growth Hormone—the end of aging? New discovery eliminates the risks and lowers the cost of this potent anti-aging therapy**

Judging from the thousands of books and articles on “youth” hormones like DHEA and melatonin, you might never guess that these supplements are relatively minor players in the emerging field of longevity medicine. In truth, these hormone-replacement strategies, while useful and effective, pale in comparison to the anti-aging power of human growth hormone (HGH).

Benefits of HGH replacement therapy include:

- increased muscle mass
- decreased body fat
- reduced LDL cholesterol
- restored hair growth
- increased endurance
- upgraded immune function
- improved sexual response
- improved skin texture and elasticity

But you won't find bottles of HGH lining the shelves at your local health-food store. Scientists haven't been able to harness the undeniable power of this anti-aging wonder in a way that's both safe and effective—or even affordable—until now. It's called Symbiotropin.

Symbiotropin is formulated in effervescent tablets, which can be dissolved in water and taken on an empty stomach, preferably at bedtime, early in the morning, or 1/2 hour prior to exercise, as directed on the label. After each three-month cycle, you should take a two- to four-week break before resuming.

You will optimize the benefit if you maintain a low-carbohydrate diet, which helps keep insulin levels low. Insulin directly suppresses the action of HGH. For the same reason, you should also avoid taking vanadyl sulfate or chromium supplements (which act similarly to insulin in the body) within two hours of taking Symbiotropin.

## #39...

You know that bananas are a great source of potassium and can even improve your mood, but they also make a sweet anti-wrinkle treatment. Mash 1/4 banana until it's very creamy. Spread it over your face and let it set in for 15-20 minutes before rinsing it off with warm water, followed by a dash of cold. Gently pat dry.

## #38 Secrets of survival and disease prevention from 8 jungle plants—in a single capsule

Over the years here at HSI, we've found that the best products usually come from people who don't mind getting their hands dirty—literally—to find and create their formulas. One of the best examples is HSI panelist and president of Raintree Nutrition, Leslie Taylor.

But Taylor doesn't just run Raintree: This freckled, blue-eyed blonde actually treks into the jungle to pow-wow with indigenous shamans and healers to learn first-hand the therapeutic properties of various remote plants.

Taylor's latest product is called Amazon Vitality. And its name couldn't be more appropriate. The blend of eight rainforest plants have all been shown to have protective effects on basically every part of the body—the skin, brain, liver, kidneys, gastric tract, heart, and immune system. The potential is almost limitless, but two of the most intriguing uses appear to be the possible prevention and treatment of Alzheimer's disease and the ability to reverse sun-related skin aging.

### Immune booster turned brain booster

Amazon Vitality is a proprietary blend of cat's claw, calaguala, samambaia, chanca piedra, fedegoso, picão preto, gervão, and tayuya. These eight plants have emerged from under the rainforest canopy with an adapted knowledge of basic survival in one of the world's most ruthless conditions. And those survival skills appear to translate to humans as well. Although the full Amazon Vitality combination has no clinical research on its effects as a whole, Taylor told me that initial reaction has been very positive.

Many people who have tried it as a daily supplement report that in as little as three days they noticed a marked improvement in skin texture and tone. People over the age of 50 are reporting that they have more energy in the later part of the day. And some people have even reported weight loss, which may be due to the liver detoxification properties in several of the herbs.

And according to Taylor, there haven't been any reports of contraindications or drug interactions.

If you decide to try Amazon Vitality, Taylor recommends that you take one capsule twice daily if you weigh up to 150 lbs, and two twice daily if you weigh more than 150. In either case, you should take it with food—specifically a meal containing carbs, since the active phytochemicals from the plants found in Amazon Vitality are absorbed better with starch.

## #40 Giving your liver the support it needs is now easier than ever

Whey protein is one of nature's most powerful immune boosters. Over the years, people have used it to treat everything from jaundice to epilepsy, but now researchers are zeroing in on its effects on immune diseases considered incurable, such as HIV and chronic fatigue syndrome.

For years researchers have attempted to harness the healing power of whey in supplement form. A number of products have been developed, but their high prices and large doses (about 20 grams) made them rather impractical. To put it in perspective, 20 grams is the equivalent of approximately 4 teaspoons. So researchers concentrated more and more on trying to isolate the active compound from whey—the amino acid cysteine.

By isolating the cysteine, it's now possible to get the benefits of whey without having to choke down a



handful of pills. We've discovered a product called CysteinePeP that uses a unique extraction process to make it available in a smaller, less expensive dose than its forerunners. The process extracts the active cysteine peptides from the whey protein.

The manufacturers claim that CysteinePeP goes to work at what we'd like to call the main distribution center—the liver. One of the functions of the liver is to rid toxic materials from the body. Cysteine peptides help the liver function because they have an abundance of the amino acid cysteine. Your body uses cysteine along with two other plentiful amino acids, glutamine and glycine, to produce glutathione (GSH) in the cells of your liver. GSH is the body's natural intracellular antioxidant and healing agent.

GSH repletion leads to critical antioxidant protection, reversal of fatigue, superior immune function, and potential support for combatting oxidative and neuromuscular diseases. It's also a critical factor in protecting organisms against toxicity and disease.

GSH plays a crucial role in preventing oxidative stress in cells and in trapping the free radicals that can damage DNA and RNA. Unfortunately, as you age, your body's GSH levels decrease. In fact, there is a direct correlation between the speed of aging and the reduction of GSH concentrations in the cells. The physical signs of aging are a direct reflection of cellular functioning. When your skin cells are polluted with toxins, wrinkles are imminent.

But the problem with GSH is that you can't just take it orally to increase the levels in your system because it can be made only within the cells. However, you can raise the GSH levels by supplementing your diet with the GSH precursor—cysteine. That's why CysteinePeP is so powerful: It contains the cysteine your body needs most to produce GSH in your liver.

In the past, the form N-Acetyl Cysteine was used because the acetyl group makes it more fat soluble and able to pass through cell membranes. But the cysteine in milk-derived whey protein is much preferred for glutathione synthesis because it is a naturally occurring dipeptide. It also has other active amino acids that enable the body to rapidly generate glutathione in the liver and in cells throughout the body.

### Long-term prevention

Research indicates that cysteine peptides can help the liver in two ways. First, they protect the liver by offering long-term prevention. Second, they support recovery after acute injury (such as certain medical treatments, hepatitis, or regular alcohol ingestion). However, these applications will require further study.

The potential of GSH's effect on immune function is nothing short of remarkable, and physicians are starting to take notice. Intravenous use of GSH has become popular and is believed to reverse acute symptoms of some neuromuscular diseases. It is commonly used to treat Parkinson's disease and is receiving attention as a treatment for other neuromuscular diseases.

CysteinePeP is a small 3.6-gram daily dose of the active compound required for GSH enhancement from whey protein. And with the lower dose comes a reasonable price.

CysteinePeP is manufactured under food grade conditions and complies with all FDA food regulations. The recommended dose of CysteinePeP is 3.6 g of powder (200 mg of cysteine). Simply mix it with water and drink. The formula has been shown to enhance patients' lives by providing energy, motivation, better sleep, and mental alertness. However, based upon initial research, users should note that it will take four days to start experiencing benefits from enhanced glutathione. You can either take it all in the morning or at two separate times. However, if you take it in the evening, it could keep you awake at night.

## #41 Chinese "immortality herb" now available in a standardized capsule

In the July 2000 Members Alert, we told you about jiaogulan (jee-OW-goo-lawn), the Chinese herb that

**#42...**

Loss or impairment of the sense of taste (known as dysgeusia) may be treatable with zinc supplements. In a trial that examined 50 subjects with dysgeusia, half were given 140 mg of zinc gluconate daily for three months and half received a placebo. Taste tests showed that 50 percent of the zinc group improved their taste sensation compared with only 25 percent in the placebo group. Symptoms of depression also improved significantly among zinc subjects, but not among placebo subjects.

has been shown to inhibit tumor growth, normalize both high and low blood-pressure disorders, protect against free-radical damage, strengthen the immune system, improve sleep patterns, regulate cholesterol levels, and make your heart pump more efficiently. At the time, jiaogulan was available only as a tea, which, unfortunately, had a rather unpleasant taste that might have kept you from using it.

Responding to your feedback, the manufacturer, Jagulana (formerly Jiaogulan Herbal Products), found a better-tasting Thai version of the same tea. And now they've gone a step further.

Researchers at Jagulana have developed a capsule that makes the herb easy and convenient to take and provides all the health benefits of the original tea. In fact, they've managed to isolate the gypenosides (the herb's active constituents) and standardize the capsules. Standardization guarantees that you'll receive the same amount of the functional ingredients in every capsule.

Each jiaogulan pill contains 60 milligrams of 98-percent-standardized gypenosides, which is the equivalent of two strongly brewed cups of the tea. The recommended dosage is 1 capsule per day for preventive purposes or 1 capsule 3 times a day for therapeutic use. Each bottle contains 90 capsules. There are no known side effects or drug interactions for jiaogulan.

## **#43 Single formula unlocks the 4 strongest secret weapons of a life-extending diet**

Although olive oil may be the most famous aspect of the Mediterranean diet, it turns out there are four other elements that are actually more powerful when it comes to promoting good health. Dr. Arnold J. Susser from Great Life Labs took those four elements and put them all in one formula called Botanical Vitality 100+.

These ingredients have been shown to lower blood pressure and cholesterol and to protect against premature aging, Alzheimer's, heart disease, and cancer—just to name a few of the benefits. And two ingredients in particular—red grapes and pomegranates—contain what Susser refers to as “miracle-like molecules.”

### **Uncorking the secret to longevity**

Studies show that people who drink wine regularly have lower rates of cancer, Alzheimer's, and heart disease. The true benefits of red wine, though, don't come from the alcohol, but from the grapes themselves. Resveratrol, one of the miracle molecules in Botanical Vitality, is a strong antioxidant found in red grapes. Research has shown resveratrol to have a wide variety of benefits:

- It's good for your heart. It inhibits blood clotting and helps to prevent bad cholesterol from depositing plaque into the arteries, two of the main problems that lead to heart disease.
- It promotes balanced hormones. As a phytoestrogen, resveratrol has all the benefits of estrogen without the harmful effects. As such, it can help prevent diseases like breast cancer, prostate cancer, osteoporosis, and cardiovascular disease.
- It's an anti-inflammatory and appears to be a safe, natural COX-2 inhibitor.
- It has anti-aging effects. Resveratrol has the ability to “turn on” a family of survival genes

called sirtuins. When sirtuins are activated, there is an increase in the production of an enzyme that prolongs the time a living cell has to repair DNA genetic material.

Another benefit of red grapes is found in the substance that gives all dark colored berries and grapes their color, anthocyanins. Red grapes and mulberries are full of these potent antioxidants. Anthocyanins are extremely powerful protectors of your arteries—stronger than even vitamins C and E. They work by preventing the plaque buildup on your artery walls that can lead heart disease.

The anthocyanins in red grapes and mulberries could also help treat arthritis and other degenerative joint conditions because of their anti-inflammatory properties.

### **Power-packed pomegranates**

Studies continue to reveal the healing potential of pomegranates. They are a powerful source of antioxidants, they help lower bad cholesterol, they help lower high blood pressure, and they help fight against cancer. In fact, they are even more powerful than green tea and blueberry, cranberry, and orange juices.

The remaining compounds in Botanical Vitality all have unique benefits of their own. Quercetin, an additional antioxidant found in red grape skins, has also demonstrated a broad range of therapeutic activity—from antihistamine to anti-inflammatory properties. As an antioxidant, it protects from damage caused by the effects of bad cholesterol. Quercetin is also considered to be a phytoestrogen and was found to inhibit breast cancer cells in one study.

Soy lecithin, an extract from soybean oil, reduces the amount of pure cholesterol in the bloodstream. It's also an essential source of choline, one of the main components of all membranes.

Finally, phytic acid, which comes from rice bran extract, is a natural plant antioxidant. Research has shown that it is the most potent natural iron chelator and that it has strong antibiotic and antioxidant effects. This also makes it anticarcinogenic.

### **Support for the long haul**

Botanical Vitality 100+ decreases arterial plaque buildup, supports healthy circulation allowing better utilization of nutrients for increased energy, supports healthy blood pressure and cholesterol levels, and reduces oxidative damage. With all of these healthful benefits, it is not hard to imagine that it could help you add a few extra years to your life.

There are no reported safety issues or contraindications with Botanical Vitality 100+. Recommended dosage is two capsules daily. Susser also encourages you to show the product label to your physician and to always maintain regular medical care if you have a medical condition or are taking any medications.

## **Reports 44-48: Virus? Bacteria? Fungus? No match for your super-charged immune system**

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### **#44 The lactoferrin miracle**

We're on the verge of a major medical breakthrough with lactoferrin. Because of this unique extract, much of what we now consider state-of-the-art medicine—such as radiation, antibiotics, and chemotherapy—may eventually seem as primitive as bloodletting.

If lactoferrin proves to be as powerful as it promises to be, many deadly diseases that haunt our thoughts today will no longer frighten us.

## Where does lactoferrin come from and how does it work?

From the moment you were born, lactoferrin—an iron-binding protein found in breast milk (colostrum)—was your first shield against infection and disease and your primary source of immune-system chemicals. The primary task of your immune system is to survey your body—organ by organ, tissue by tissue, cell by cell—to make sure that only the cells that are supposed to be there are. When a healthy immune system recognizes a foreign substance—a virus or cancerous cell—it immediately fights to eliminate it.

### Unraveling the healing mystery of lactoferrin

Lactoferrin has at least two specific immune boosting functions:

- **It binds to iron in your blood**, keeping it away from cancer cells, bacteria, viruses, and other pathogens that require iron to grow. The lactoferrin protein is able to sequester and release iron as needed, under controlled conditions. This property helps prevent harmful oxidative reactions, making lactoferrin a powerful antioxidant.
- **It activates very specific strands of DNA** that turn on the genes that launch your immune response. This is such a rare and surprising action that there is no other kind of protein like it. Lactoferrin is in a class by itself.

Lactoferrin also contains antibodies against a wide range of bacterial, fungal, viral, and protozoal pathogens. In effect, the lactoferrin protein backs budding cancer cells or bacteria into a corner, starves them, and sends out a signal to your white blood cells that says, “It’s over here! Come and get it!”

State-of-the-art techniques in cellular and molecular biology have recently allowed us to isolate lactoferrin from the “first food of life.” The commercially available preparation is in a form in which the food hasn’t been chemically altered.

What else can you use it for?

Other clinical and case studies have shown that lactoferrin...

- contains an anti-inflammatory molecule—which means it can help if you suffer from the pain and debilitation of joint inflammation
- plays a role in lessening ocular disturbance, which means it may help with vision problems
- acts as a potent antimicrobial agent against *Candida albicans*
- shows potent antiviral activity useful in reducing your susceptibility to viruses, including herpes and HIV

If you’re wondering how safe lactoferrin is, remember that it is nontoxic and is well tolerated by nursing infants.

### Should you take it as a daily preventive?

There are many everyday threats that wear down the immune system—such as environmental toxins, emotional and physical stressors, and genetic problems. Taking 100 mg of lactoferrin each day at bedtime, however, can help upgrade your immune system, so you can take full advantage of your natural defenses in a world full of potential health threats. For use in cancer recovery, up to 1,500 mg a day can be taken without fear of side effects. And unlike penicillin or other synthetic drugs, your body will not become immune to the effects of lactoferrin, because it’s something your body is familiar with and knows how to handle.

Since lactoferrin is a natural substance, large pharmaceutical companies aren’t able to patent it and make millions. But it’s available from a limited number of suppliers in the United States, and it

shouldn't be overlooked as a powerful tool in the fight against serious diseases.

Lactoferrin can be purchased under the product name of Immunoguard, manufactured by GoldShield Healthcare Direct. For information on purchasing lactoferrin, refer to the Member Source Directory at the back of this report.

### **Unique delivery system makes fighting cancer easier—and even tasty**

The Avemar product our contacts at American BioSciences offer is an instant drink mix called Avé, which combines Avemar with natural orange flavoring and fructose in pre-measured packets.

As a dietary supplement, the recommended usage is one packet per day mixed with 8 oz. of cold water (or any other beverage containing less than 10 mg of vitamin C). I found that the best way to mix it is to shake it in a closed container. When I tried it, it reminded me of Tang, though it wasn't quite as sweet.

You should consume it within 30 minutes of mixing a batch. Also note that it's a good idea to take Avé one hour before or after a meal and two hours before or after any drugs or other dietary supplements.

If you weigh over 200 pounds, use two packets per day. If you weigh under 100 pounds, only use half of a packet per day. Consult with a healthcare professional for recommended usage levels for children, for guidance on alternative usage levels, and for use in combination with other dietary supplements.

Most people who use Avé daily notice an effect within three weeks, reporting improvements in appetite, energy, and general quality of life.

If you work with your health care professional to use Avé as an adjunct cancer treatment, you should know that it will take a good three months before you will see a change in objective measurements—such as blood markers, CAT scans, MRIs, etc. Although some people reported uneasiness in their stomachs during the first few days of using Avemar, the effect only lasted a few days. No vomiting, diarrhea, or any other symptoms were reported.

## **#46 The top-secret Russian immune booster giving people their lives back**

This product, known by many aliases—Lactoflor, Matrix E., Preparete, Extrabiolate, and its current moniker Delta-Immune (or Del-Immune)—is not only available in this country, but it's also 10 times more powerful than the original formulation.

Typical use for Delta-Immune is to provide effective, reliable, safe, and immediate immune system support. Users have provided anecdotal reports with its application in flu, West Nile virus, colds, coughs, bronchitis, fatigue, hepatitis C, certain skin infections, yeast, non-healing fractures, constipation, and side effects of chemo and radiation therapies. Essentially, Delta-Immune acts like your body's specially trained secret virus-fighting agent.

### **Primetime cover-up?**

In the course of my research, I had a chance to watch a never-aired documentary from a major network news program on Delta-Immune. According to the tape, it appears that Delta-Immune is not just for colds, flus, and biological pathogens; if your body's immune system needs support, it

## **#45...**

Quercetin is a powerful antioxidant that's most abundant in green tea, red grapes and red wine, broccoli, and red apples. For the first time, a controlled clinical trial has proven that quercetin helps prevent viral illnesses. Subjects were given a daily supplement that contained 1,000 mg of quercetin, along with vitamin C and niacin to improve absorbancy. In the average U.S. diet, most adults only consume 25 to 50 mg of quercetin per day.



seems to benefit from this product.

In 1992, after the Cold War, the product—no longer classified—was used clinically in the treatment of breast, lung, and liver cancers, serious hospital-type infections, and contagious disease at the State Cancer Hospital in St. Petersburg, Russia. The product was also used to boost the immune systems of patients undergoing chemo and radiation therapies, allowing the patients to complete their therapies without the usual debilitating effects. Numerous Russian studies document the remarkable cancer related uses of this secret agent. The doctors reported that the patients on Delta-Immune looked and felt better and had more energy.

With such promising reports and potential benefits, it's tough to fathom why the piece never aired, but if I had to guess, I'd say it probably had something to do with the all-too-familiar red tape so many effective natural treatments encounter when they're brought to the public. But despite the suppressed news coverage, Delta-Immune is now available in this country, and, as you've read, it's already becoming the answer to many people's immune concerns.

### **Fast relief without the side effects**

Delta-Immune offers both consistent long-term support and immediate support. The recommended daily dose as a dietary supplement is one to three capsules daily, or as directed by a healthcare provider. The fast-acting remedy dose—two capsules immediately, followed by an additional two capsules 12 hours later—should be taken at the first sign of cold or flu.

After taking Delta-Immune, you can expect the boost of immune support to begin in approximately six to eight hours. Relief is often as fast as 24 hours but varies for each person.

There are virtually no reported side effects and it is shown to be very safe—even at high doses of up to 15 grams per day. According to the manufacturer, during testing, massive dosages—50 to 100 times the suggested dose—caused gastric upset in some subjects. Dr. Elin Ritchie, a medical doctor with a practice in Taos, New Mexico, remarks that, “I have used Del-Immune in more than 20 patients in the last few months, since it became available to me. None of the patients have experienced any side-effects.”

Many of the testimonials in the never-aired documentary mentioned that they were especially confident in the safety of the product. And because it is grown in a special media, not cultured in milk, some lactose intolerant users have reported they experience no problems taking it.

You can buy Delta-Immune (also called Del-Immune) in three sizes: bottles of 30, 60, or 100 capsules. Each capsule contains 25 milligrams. See the Member Source Directory on page 81 for contact information.

## **#47 From cold sores to shingles: Control some herpes outbreaks within hours and prevent others entirely**

Simply put, there's no cure for herpes. And mainstream treatments are far from ideal. The leading drug, acyclovir, takes three to seven days to become effective and can trigger severe side effects, including liver and kidney damage. What's worse, it may not produce any relief at all, because several strains of herpes viruses are now acyclovir-resistant.

So we were intrigued when we discovered Viracea, an organic treatment for herpes. And the story got even better when we phoned Meryl Squires of Merix Health Care Products, who developed and patented the formula.

Her quest for a cold sore remedy began in her 30s, after she contracted HSV-1. She had a cold sore nearly every month—and they were nasty ones, taking 10-12 days to heal and making her whole face swell.

Reluctant to try acyclovir, Squires drew upon her training in biomedical research and microbiology, and her Native American heritage. For a year and a half, she tested extracts from 52 botanicals and combinations of extracts on herself and accommodating friends and relatives. She tried botanicals with

a track record of fighting herpes, but even potent anti-viral agents like lysine produced disappointing results when applied to cold sores.

Eventually, she tried an anti-microbial (benzalkonium chloride) that her mother used to treat wounds. She wondered if she could produce an effective treatment by combining it with extracts from echinacea and other members of the asteracea family. She prepared a solution and tested it on the cold sore on her lip. “It worked so well it was scary! I really thought it was a fluke.”

As more people tried Viracea products (and as successful trial results continued to flood in), Merix learned more about their impact on various types of herpes. Shingles sufferers reported that after using Shing-Relev (a spray version of Viracea formulated specifically to treat shingles) their pain eased within 30 minutes, their shingles stopped spreading, and, in many cases, existing lesions began to heal within a day and a half. Unfortunately, Merix also learned that Viracea is not effective against post-herpetic neuralgia, the excruciating pain that many shingles patients endure long after their lesions vanish.

ViraMedx Relev appears to be very safe. The only reported side effect is a tingling sensation on the treated skin area that lasts a few minutes. There are two precautions you need to be aware of before trying ViraMedx Relev. First, if you’re allergic to dandelions or any member of the aster family of plants, you should not use it. Second, it’s important to confirm that your ailment is actually a herpes virus outbreak before you use ViraMedx Relev.

Some outbreaks that look like herpes aren’t. For example, yeast infections can generate symptoms that resemble herpes—and not only is ViraMedx Relev ineffective against such infections, it can actually make them worse. Once these two concerns have been addressed, ViraMedx Relev can offer fast, effective relief.

## **#48 Protect yourself from a flesh-eating hospital horror with this natural life-saver**

A 2007 report shows that the number of MRSA cases nationwide had more than doubled since 1999. Then, there were 127,000 reported cases of MRSA infection. In 2005, there were 278,000. Deaths rose from 11,000 to 17,000. And the numbers are only going up. It’s estimated that in the United States alone 95 million people carry *Staphylococcus aureus*, with 2.5 million carrying MRSA.

Not scary enough for you? Well, a study reported by the Mayo Clinic estimated that 46 out of every 1,000 hospital patients are infected or colonized with MRSA. While hospitals in some countries have minimized the spread of MRSA by screening incoming patients, the CDC has not followed suit in the United States.

It’s getting so bad that hospitals are turning to some very dangerous drugs. Crestin, a WWII-era antibiotic, is so toxic that it causes kidney damage in up to 25% of patients. And no matter how powerful the drugs, it’s a losing battle. The new MRSA strains are almost four times more deadly and resistant to more antibiotics than past strains.

So what is one to do? If you’re planning a hospital stay, or if someone you love lives in a nursing home, you need to build up protection now. And there’s one particular weapon you’ll want to have on hand.

Grown as far back as 3000 B.C., the olive tree is called the “tree of life”—and for good reason. It’s been used for thousands of years as a treatment for colds and flu. It’s the first plant cited in the Bible as a natural healer: “The fruit thereof shall be for meat, and the leaf thereof for medicine.”

Olive leaf’s active components were isolated in 1969, and when researchers for the American Society for Microbiology tested those components, they inhibited or killed off the more than 50 viruses, bacteria, fungi, and protozoa thrown at them.

Those powerful components, phytochemicals including oleuropein and hydroxytyrosol, keep

pathogens from replicating. They also disable infections long enough for the immune system to find and kill them. By supporting the immune system instead of trying to replace it, olive leaf succeeds where conventional antibiotics fail.

So how does it work? It is thought that oleuropein inactivates microorganisms by dissolving the outer lining of the cell. Once they get their “in,” the other components of olive leaf work together to weaken the unwelcome guest. Olive leaf also helps to build the immune system by stimulating phagocyte (cells that ingest and destroy foreign matter) production.

A 1999 study demonstrated the “broad antimicrobial activity” of the polyphenols in olive leaf, leading researchers to conclude that it could be considered a potential source of promising antimicrobial agents.

It’s shown promise against chronic fatigue syndrome, breast and prostate cancer, HIV, and arthritis. And then there’s MRSA. Olive leaf has worked so well against MRSA that it is used in hospitals in Hungary as an official infectious-disease remedy.

### **One brand retains the power of the whole olive leaf**

Search “olive leaf” on any popular online pharmacy and about 200 items pop up. Most of these products have one thing in common—the original leaf has been altered to pump up the oleuropein, only one of the phytochemicals in the olive leaf.

But, as I described, oleuropein doesn’t work alone to wipe out invaders. And there’s one company, working under the motto “Nature made it right,” that preserves all of the disease-fighting components of the olive leaf in a 100% pure organic extract.

Seagate is an unusual company. Instead of developing a formula and then outsourcing production to the cheapest bidder, they do everything themselves. From the production of the raw materials to the final bottling, it’s all done in their own factories.

In the case of the olive leaf extract, the leaves are harvested by hand from local olive trees, and the extract is produced by cold-press extraction. This freshwater method uses absolutely no chemicals. The goal? To preserve the delicate structure and balance of the olive leaf.

In independent testing, Seagate’s olive leaf products killed off all introduced MRSA colonies within the first hour. The nasal spray gave particularly impressive results, killing off all colonies in 15 seconds. Other nasties were also wiped out—Strep, *Candida albicans* (which causes dangerous fungal infections in chemotherapy and transplant patients), and *E. coli*—among others.

Before putting the olive leaf extract on the market, Seagate performed a “challenge” test required by the FDA. At an independent lab, very high concentrations of bacteria, fungi, and mold were injected into the Seagate Olive Leaf Nasal Spray (simply the liquid form of the powdered leaf extract) and tested over the course of one month. 99.9% of all bacteria colonies were killed within 60 seconds, with all of the bacteria dead by the time a second sample was taken six hours later. Bacteria included *E. Coli* and Staph. It was the same story with fungi and mold. Every time more bugs were introduced, the olive leaf killed them. These results exceeded FDA standards.

Unlike antibiotics, there are no toxic effects associated with olive leaf extract, even when taken in large amounts.

## **Reports 49-54: Keep a sharp mind and drop your risk of Alzheimer's**

### **#49 Safe, natural substances nourish your brain and support mental activity**

There are a number of natural substances you can safely use to support memory and alertness. Modern research has discovered some—and validated others, used for centuries in traditional medicine. Some of these substances work by increasing the amount of oxygen and nutrients available to the brain. Others work more indirectly, boosting the mind by increasing energy levels and supporting mood.

For over 20 years, a derivative of the Vinca minor plant (or lesser periwinkle) known as vinpocetine has been used as a prescription medication in Europe and Asia to increase the flow of oxygen to the brain. Research shows that vinpocetine increases cerebral blood flow. This boost in circulation helps support memory and cognitive retention.

#### **Garner more help from ginkgo**

As a powerful vasodilator, ginkgo biloba enhances recall and mental focus in much the same way as vinpocetine—by allowing your blood vessels to transport as much nourishing, oxygen-rich blood as possible to your gray matter.

#### **Boost mental and physical energy**

Many people live in a kind of low-energy “fog of the mind” for the majority of their days—especially as they get older. Poor sleep quality, insufficient dietary nutrients, or an overload of mental stress—all can tax your mind into numbness and inefficiency. The link between energy levels and mental acuity is, quite simply, undeniable. And, again, there are natural substances that can raise both levels, helping your brain perform at its very best. Among these are:

**DMAE** (Dimethylaminoethanol). What DMAE has that other neurotransmitter-promoting chemicals don't are some well-documented energy enhancement properties.

One study of older adults revealed that 71 percent experienced increased motivation and relief from anxiety. Respondents also reported an increase in mental focus and alertness for several hours following their dosage. And another six-week study reported all of the subjects in the DMAE group experienced an overall improvement in muscle-tone, as well as increased mental focus. DMAE is shown to have a positive effect on the ability of the brain's two halves to communicate and interact, which lends verbal and creative abilities a valuable boost.

**Trimethylglycine (TMG)**. Also known as betaine, TMG is a compound of the amino acid glycine. Supplementing with betaine has been shown to protect liver function. The largest organ in the body, the liver is essential to overall health.

**Pantothenic acid**. Well known in the alternative health community and among athletes as a natural stamina-enhancer, pantothenic acid also plays an absolutely crucial role in aiding your body in the production of the vital intelligence-boosting neurotransmitter acetylcholine.

#### **Lift your mood—and improve your memory and cognitive performance**

Three safe, natural substances have been shown to be effective mood-elevators and focus-enhancers. They are:

**Inositol**. This safe and effective natural remedy frees your mind from stress and anxiety—so you can get

some real, clear-headed thinking done. Naturally present in your body, inositol is vital for the health of your entire nervous system.

This vital natural substance (which is often grouped with the B-vitamin family) can help promote relaxation and clear thinking.

As an added benefit, inositol can also contribute to energy metabolism. In fact, animal studies have shown a significant, measurable increase in physical activity for up to five hours post-administration.

**GABA (gamma-aminobutyric acid).** Research shows that lower than normal levels of GABA in the brain and nervous system are linked to some types of anxiety. An important amino-acid-based neurotransmitter, GABA helps to regulate brain and nerve cell functioning, producing a calming and focusing effect that's widely known in the mental health community. Within a well-balanced nervous system, GABA protects against overloads in the neural pathways—and against over-excitement or impulsive lapses in judgment.

**N-Acetyl-L-Tyrosine.** An amino-acid building block, N-Acetyl-L-Tyrosine is an important component in the basic structure of all proteins in the body—and is also the precursor to a pair of neurotransmitters (L-dopa and norepinephrine) that are vital for optimum mental functioning. By boosting production of these vital neurotransmitters, N-Acetyl-L-Tyrosine functions as a natural relaxant—especially if you're under any kind of duress or anxiety.

### **One new formula provides these nine nutrients—and more**

The nine nutritionals discussed above should be available in most health-food stores. Also, NorthStar Nutritionals brings all these natural ingredients together into its new and improved formula for Sense of Mind. And then NorthStar adds in 19 more vitamins, minerals, and antioxidants—providing 28 super-nutrients to help you have the healthy, stress-free body you need for optimum mental acuity and memory.

For information on how to order Sense of Mind, see the Member Source Directory at the end of this report.

## **#50 Ancient herb can make your mind young again**

New research has led to a breakthrough in the treatment and prevention of brain aging. It's a compound called huperzine A, extracted from the Chinese club moss, or *Huperzia serrata*. Used in traditional Chinese medicine for centuries to treat fever and inflammation, this compound has now been shown to bring about significant improvements in cognitive and intellectual performance in patients with Alzheimer's disease and age-related cognitive decline, and it may improve memory and learning in healthy patients as well.

According to researchers at the Weizmann Institute of Sciences in Rehovot, Israel, and at Georgetown University in Washington, D.C., huperzine A is superior in the following ways to the leading drugs licensed for the treatment of Alzheimer's:

- Huperzine A improves learning and memory in mice better than does tacrine.
- Huperzine A acts specifically on AchE, acetylcholine esterase, in the brain rather than on the AchE found elsewhere in the body.
- Huperzine A does not appear to bind to receptors in the central nervous system, which can cause negative side effects.
- Its effects last 10 to 12 times longer than those of physostigmine and tacrine.
- Huperzine A is less toxic than the leading drugs, even when administered at 50 to 100 times the therapeutic dose.

### **A marriage of ancient wisdom and leading-edge science**



Huperzine A has been used as a prescription drug for treating dementia in China for years. But we've found an innovative formula that augments huperzine with other brain-specific nutrients.

Brain Protex by Nature's Sunshine combines three powerful antioxidants which cross the blood-brain barrier to protect the brain cells. It also contains two nutrients that act as "brain food," namely Ginkgo biloba and phosphatidyl serine. Together, the antioxidants and the nutrients protect the brain from damaging free radicals and boost mental capacity.

Brain Protex can be ordered through The Herbs Place. The recommended dose is 2 capsules at mealtime twice a day. See the Member Source Directory at the back of this report for ordering information.

## #51 Could it be Alzheimer's disease?

In its early stages, Alzheimer's can be indistinguishable from "normal" brain aging. But when treated in its earliest stages, its progression can often be dramatically slowed. Recently, very exciting research has shown that nutrients like huperzine A and Ginkgo biloba can even reverse damage that has already occurred.

The cause of Alzheimer's remains unclear, although research reported in recent issues of our Members Alert points to several possible culprits, including herpes infection, high homocysteine levels, and aluminum toxicity. As always, a preventive approach is the best defense. You can reduce your risk factors by taking some simple steps now.

**Test for heavy-metal toxicity.** Hair analysis provides reliable and inexpensive screening for heavy-metal toxicity that can cause serious neurological problems, as well as for mineral imbalances and deficiencies that can affect heart health, bone density, energy metabolism, and other factors. Doctor's Data is able to provide this superior test, called the Hair Element Exposure Test, when requested by your physician. The cost of the test is \$325 and may not be covered by your insurance. For more details see the Member Source Directory.

**Reduce your aluminum load.** Hair-tissue analysis can tell you if your body has stored unhealthy amounts of aluminum. The most common sources of aluminum are cookware, deodorants, baking soda, and antacids. High aluminum levels can be chelated with malic acid supplements. The recommended dosage is 500 mg three times a day for no more than three weeks. It is highly recommended that you work with a professional who can monitor your tissue levels and advise you on the protocol. One particular malic acid supplement we've found is called Magnesium Malate Forte. For ordering information, refer to the Member Source Directory on page 81.

**Keep your homocysteine levels low.** This toxic amino acid, also a culprit in the development of heart disease, can increase your risk of Alzheimer's disease. Supplementation with a homocysteine-lowering formula like CardioSupport (see the Member Source Directory) can help keep this killer at bay.

**Supply brain-targeted nutritional support.** Make sure your brain gets an adequate blood supply, sufficient oxygenation, and adequate nutrient support.

If memory lapses, episodes of verbal or spatial disorientation, or personality changes become more frequent or severe, it is important to consult a doctor for a definitive diagnosis.

## #53 Flower power keeps your brain alive

Working with researchers at Life Enhancement Products, a

## #52...

Anything that helps prevent amyloid plaque is a good thing. Amyloid beta-peptide is a protein that collects in strands of waxy fibers in the brains of patients with Alzheimer's disease. In a recent study, aged rats were fed a supplement of Ginkgo biloba for about one month. When their brains were compared to those of rats that had not received Ginkgo, those in the Ginkgo group were found to have significantly reduced amounts of amyloid plaque.

pioneering nutritional development and research company, we've uncovered dozens of recent clinical trials on a natural flower extract that surpasses the effectiveness of prescription drugs.

Galantamine, an extract from the snowdrop flower, daffodil, spider lily, and other plants, has been traditionally used in Eastern Europe to treat a variety of minor ailments. Current research shows its greatest promise is its ability to bring the progress of Alzheimer's disease to a virtual standstill and rejuvenate cognitive function.

Like prescription drugs, galantamine blocks the action of cholinesterase—allowing for greater levels of acetylcholine—and boosts the production of new acetylcholine neurotransmitters in the brain.

### **Rescue your brain—cell by cell—starting today**

The proof of galantamine's effectiveness in treating AD is so impressive that it's already being put to use around the world. Under the market name Reminyl,<sup>®</sup> it has been used widely in 15 European countries. In 1999, Janssen Pharmaceutica submitted Reminyl to the FDA for approval; the FDA sanctioned it for use in AD patients the beginning of March 2001.

But approval by the FDA is only the first step on a long path to getting help for the patient. According to the National Academy of Sciences' Institute of Medicine, important research discoveries can take as long as 17 years before information about them filters down to doctors and hospitals. And even if your doctor knows about a supplement or drug, your HMO or insurance company might not approve it because of the expense. Or they may feel you don't have sufficient need for a particular drug. Regardless of the potential benefits, mountains of red tape and bureaucratic nonsense might prevent you from getting the products you need.

The good news is you don't have to wait. While the pharmaceutical giants, insurance companies, and HMOs fight to get their extracts packaged, marketed, and distributed, you can protect your memory and intellect and put a stop to the advance of AD with the natural form of galantamine.

You can benefit from galantamine extract today. It's currently available in a formula called GalantaMind,<sup>®</sup> which combines galantamine with vitamin B5 and choline. Refer to page 83 for purchasing information.

Galantamine does have a few minor side effects: nausea, vomiting, and diarrhea. However, they can be significantly reduced and even eliminated by taking smaller initial dosages and working up to the full dosage over a week's time.

The mountain of evidence on the benefits of galantamine for Alzheimer's patients is undeniable. Anyone battling this difficult disease should consider asking his/her doctor about it.

## **#54 A mane for your brain: Sharpen your mind and your motor skills with this amazing mushroom cure**

You'd never know by the name of it that it's a mélange of mushrooms—much less one that can boost your brain power. It's called Super Lion's Mane—and while the image that this name stirs up might speak to the promise of a thick head of hair or a secret recipe of libido-raising herbs, the reality behind it is far less glamorous. But believe me, it's just as exciting.

### **A new natural weapon for the fight against dementia**

Most of the main ingredients in this formula are fungi—and all of them have been prized in the East as a delicacy in both culinary and medicinal recipes for centuries. But here in the West, it's only been recently that we've caught wind of the healing powers of one of these mushrooms in particular.

Today, this ancient Asian remedy is settling into its modern role: as a potential answer to the devastating

threat of age-related dementia—and as a beacon of hope where before now there really wasn't much hope at all.

Its proper name is *Hericum erinaceus* (commonly referred to as lion's mane) and it appears in Super Lion's Mane at the largest quantities. Also known as bear's head, monkey's head—or in English, even hedgehog fungus—it received its many monikers from the various likenesses of its long, cascading white tendrils. But its bizarre appearance and catchy names account for only a small sliver of the fascination with this popular mushroom.

### **A power blend for superior brain protection**

While lion's mane is the only mushroom clinically tested to improve neurological function, developers at Maitake Products included three other ingredients in order to maximize the potency of the formula's key player:

- Maitake (D-fraction), a powerful immune enhancer that's stood the test of time as one of the most versatile remedies—it's been used for anything from preventing colds and flu, to lowering blood pressure and cholesterol, and even as an adjunct to cancer treatment
- Reishi, a well-known and widely used mushroom in Chinese herbal tonics that is especially noted for its effectiveness as an anti-inflammatory—something that makes it especially useful in the treatment of Alzheimer's, which has been tied to inflammation in the brain
- Vitamin C, for extra antioxidant support

The recommended dosage of Super Lion's Mane is four caplets a day—the duration of time before you'll notice changes is dependent upon your symptoms. The clinical studies suggest allowing a minimum of six months to see the expected improvements in functioning abilities. And while there are no known side effects or contraindications associated with this formula, it's definitely not recommended for anyone with a mushroom allergy.

## **Reports 55-58: Enjoy your favorite foods again— minus the pain of heartburn or ulcers**

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### **#55 Eliminate digestive problems forever—no worrying about bloating, gas, constipation or heartburn ever again!**

Tired of being sidelined by stomach problems? If you're burdened with the kind of stomach cramps and constipation that keep you from enjoying life, keep reading—the *permanent* solution is here.

No matter what your digestive difficulties—bloating, diarrhea, gas, heartburn—this natural remedy can eliminate them for good. No more worrying about what you eat, no more being tethered to the bathroom.

Because this remedy actually repairs your digestive system so you won't be knocked down by GI (gastrointestinal) problems any more. In fact, in more than 90% of cases, the worst symptoms disappeared. Completely.

Independent clinical research proves that this formula can *eliminate* the most common digestive problems, even chronic problems like...

- |                   |             |              |                  |
|-------------------|-------------|--------------|------------------|
| • constipation    | • heartburn | • flatulence | • stomach cramps |
| • intestinal pain | • bloating  | • diarrhea   |                  |

How does a single remedy tackle so many gastrointestinal problems? It works by actually repairing, strengthening, and improving your digestive system so it can do the work it's supposed to do. And when your food gets digested properly, you'll not only be free from stomach problems—you'll also feel better

overall as your body will now be getting the full benefits of the food you're eating.

### **Improves six dimensions of digestion for perfect GI health**

The formula is called Digest RC, and its unique combination of time-tested ingredients offers something you won't find anywhere else: the power to strengthen several digestive system functions all at the same time. Instead of a single focus (like you'll find with virtually all other digestive remedies, especially the ones hawked by Big Pharma), Digest RC works throughout your GI system to restore complete digestive health.

"It all starts in the liver," Dr. Mark Pasula (a key scientist in the creation of Digest RC) told me. "The liver has to produce enough bile for your body to fully digest fat and protein."

And that's exactly where Digest RC begins...

- It improves the way your body digests fats and proteins by stimulating bile production
- It boosts your liver function by strengthening digestion overall and by helping your body eliminate toxins (a key function of your liver)
- It helps your body maintain the proper pH level for your pancreas to produce sufficient digestive enzymes (which are critical for optimal protein and carbohydrate digestion)
- It regulates your stomach acid production, making sure you produce just enough but not too much, and that decreases heartburn and reflux symptoms
- It reduces constipation without setting off laxative side effects by decreasing your GI transit time (how long it takes food to get through the system), which prevents food from stagnating in your digestive tract
- It reduces excess bacterial growth in your small intestine—and that gets rid of bloating, gas, and diarrhea

Digest RC is a long-term solution that will help eliminate these GI problems going forward, but that doesn't mean it won't have an impact on your current symptoms.

The manufacturer recommends taking one to two tablets daily before dinner. Dr. Pasula mentioned that for the best results, two to three tablets can be taken at first (before dinner), then reduce down to one per day as symptoms disappear.

You will find ordering information for Digest RC in the Member Source Directory.

## **#56 The Polish mothers' secret indigestion remedy**

For generations, Polish mothers have been mixing shredded black radish with fresh farmer's cheese as a cure for any number of digestive ailments. It works. Believe it or not, there's research to prove it. But I'm certainly not in any hurry to whip up a batch and chow down the next time I have an upset stomach. In fact, the thought of it sort of turns my stomach. But I found a better way—or at least a more appealing one—to get the same benefits in a single supplement.

It's called Raphacholin (or Raphacholin C), and it's been used in Eastern Europe for over 45 years. It contains a blend of five ingredients, each with a long history of traditional use and a bevy of modern research to back it up. But somehow, this trusted Polish remedy has remained a secret outside the region—until now. Qlife is a dietary supplement company based in New York that imports Raphacholin from Poland.

### **Natural ingredients aid digestion, reduce inflammation, and protect liver**

The name Raphacholin is a combination of two of the formula's main active ingredients: black radish (*Raphani sat. nigri*) and cholic acid, a bile acid. These two ingredients mimic the old folk remedy recipe I

mentioned above (the cholic acid takes the place of farmer's cheese). The other active ingredients are artichoke (*cynara scolymus*), peppermint oil, and a special herbal charcoal preparation derived from linden tree bark.

Research also supports the traditional folk wisdom that artichoke promotes bile secretion, protects the liver, and relieves dyspepsia. According to Karpinski, president of QLife, Polish workers in the viscose fiber plants used to receive artichoke extract tablets each day at work, to protect them from liver damage caused by poisons like carbon disulfide, which were everyday hazards in the factories.

And peppermint oil is known to soothe the stomach and decrease intestinal spasms; in one study, peppermint oil proved to be a more effective anti-spasmodic agent than a prescription drug for patients undergoing gastrointestinal endoscopy.

### **Relief from acid reflux, constipation, and more**

While Raphacholin has been safely used in Eastern Europe for generations, some people should probably think twice before trying this remedy. First, Raphacholin contains 75 mg of charcoal, which can absorb some medications in the stomach and render them ineffective. If you depend on regular medication, talk to your doctor before trying Raphacholin. Also, because of its bile-inducing effects, Raphacholin is not recommended for people with bile-tract obstructions, gallbladder disease, or those who have had their gallbladders removed.

But if those conditions don't apply to you, Raphacholin may offer effective relief from acid reflux, bloating, flatulence, and constipation. QLife recommends that healthy adults take one or two tablets, one to three times a day as needed with fluids. For laxative effects, take two tablets in the morning and two in the evening 30 minutes before meals.

There are two Raphacholin formulas available today in the U.S. with different names. QLife's product is called Raphacholin-C, and it is imported directly from its Polish manufacturer, Herbapol. But Herbapol also makes a private label Raphacholin formula called Digest RC for a company called CX Research. The names may be different, but both products contain the same ingredients in the same formulation. For complete ordering information for both Raphacholin C and Digest RC, see the Member Source Directory.

## **#58 Don't be a slave to the bathroom! Modern combination of ancient Ayurvedic herbs controls and prevents diarrhea—and IBS**

One thing we all have in common: When we have diarrhea, we want it to go away, and fast. But we'd also like to make it go away through gentle, natural means, without harsh drugs that can cause more problems than they solve.

### **Ancient herbal remedies can calm the bowels**

The solution lies in traditional medicine—in this case, centuries-old Ayurvedic principles. Traditional Ayurvedic medicine has used herbs separately and in combination to treat diarrhea, and today modern science is finding much evidence that supports their use. In my research, I found five herbs (of course, there may be more) that can control diarrhea resulting from different causes:

### **#57...**

The *Helicobacter pylori* virus is the cause of most stomach ulcers, so doctors often try to eradicate the troublemaker with antibiotic therapy. New research shows that eating yogurt that contains the beneficial bacteria *Lactobacillus* and *Bifidobacterium* before a second round of combination antibiotic therapy can improve its efficacy in decreasing the bacterial load and eradicating residual *H. pylori*.



Bael tree fruit (aegle marmelos) contains tannins, which have been clinically proven to help control diarrhea. Called bilwa in Ayurveda, it has been used alone and in conjunction with another ingredient, conessi tree, to help control both non-specific diarrhea and that caused by infectious agents.

Conessi tree (*holarrhena antidysenterica*) has been shown to be particularly effective against a class of dysentery-causing parasites called *entamoeba histolytica*. It's known as kutaja in the Ayurvedic tradition.

Guduchi stem (*tinospora cordifolia*), like conessi tree, has also been shown effective against *entamoeba histolytica*.

Pomegranate fruit (*punica granatum*) has been proven effective against internal parasites and bacteria like *E. coli*, *staphylococcus aureus* and *candida albicans*. Its name in Ayurveda is dadima.

Nut grass (*cyperus rotundus*) is a traditional ingredient in Indian and Asian herbal anti-diarrheal formulas. In Ayurveda, it's known as mustaka or musta.

### **These age-old remedies are available in tablet form as DiarCare**

DiarCare is available through Himalaya USA. You don't have to talk to your doctor to get DiarCare. You can access it directly through Himalaya's website or toll-free order number (see the Member Source Directory for complete ordering information).

But—and this is important—according to Dr. Grace Ormstein, an M.D. on staff at Himalaya USA, the supplier of DiarCare, the dosage can vary depending on the individual. In fact, the DiarCare label recommends one tablet twice a day, which is lower than any of the dosages used in the studies. So if you do have diarrhea and want to try DiarCare, you should consult with your health care provider to find the optimal dosage for your particular problem.

Whether you only experience periodic bouts of diarrhea, or have suffered with chronic IBS for years, DiarCare may be a wise addition to your arsenal of natural herbal remedies. It's based on centuries of tradition, backed by impressive modern research, and has no known side effects or contraindications. That's a definite comfort for anyone who suffers with this uncomfortable problem.

## **Reports 59-60: Living in fear of osteoporosis? Not anymore**

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### **#59 Build bone density and heal fractures in half the time with the Chinese tradeshow secret**

The formula marketed under the name Osteoking includes astragalus root, Asian ginseng root, safflower, tienchi ginseng root, Eucommia bark, tangerine peel, and purified water. Even taken individually, these ingredients each have their own benefits, yet combined in the manner and ratios found in Osteoking, they appear to have a more specialized bone-building action. And when I say it boosts bone health, I'm not just talking about osteoporosis: The reports I read claim that this remedy can actually heal bone fractures in as little as three weeks—literally half the usual healing time.

#### **Osteoking targets the most important organ for maintaining bone health**

A lot of the material and research discussing bone health from a Traditional Chinese Medicine (TCM) point of view talks about the importance of kidney health. Healthy kidneys convert a hormone called calcitriol to its active form of vitamin D. Calcitriol lets your body absorb calcium from the food you eat or standard calcium supplements. When your kidneys are not working well, they start to make less calcitriol—so even if you eat calcium, your body can't absorb it.

That's when your parathyroid hormone (PTH) kicks in to make sure you always have enough calcium in your blood. PTH is produced by several small, bean-like parathyroid glands in your neck whose "job" is to tell your bones to release calcium into your bloodstream. Over time, this process can actually weaken your bones.

Understanding this important link, it makes sense that some of Osteoking's individual ingredients—astragalus, ginseng, and Eucommia bark—are known for their tonic effects on the kidneys.

### **The price of purity**

Osteoking comes in one-month supplies. Since it's a liquid formula and is packaged in individual doses, it is a little more expensive than most supplements—about \$100 for a one-month supply. But part of the cost also goes toward ensuring the product's safety and purity.

Both safety/toxicity studies I read showed Osteoking to be a pure, non-toxic, natural product. The manufacturer, Nature's Healing Solutions, explained that, to test the safety of Osteoking, laboratory animals were given 540 times the normal dose, and the animals still continued to grow in size, strength, vigor, and health—with no apparent ill effects. However, you should know that it is not recommended for use by pregnant woman, those with mental disease, glaucoma, or anyone suffering from heart, lung or kidney failure or excessive bleeding.

The recommended dose is one bottle (25 ml) every other day. In the human studies, Osteoking was taken at bedtime—your body's natural regeneration period. And for best results, it is recommended that you take it for at least one month.

## **#60 The milk-less secret to preventing osteoporosis**

You may have already made the switch over to calcium supplements to protect yourself from bone loss and osteoporosis. The key to keeping your bones strong and healthy is to regulate the calcium in your body. And now there's an all-natural product that can help you do that.

It's called Osteophase, and preliminary studies show that it can reduce the loss of calcium, increase bone density, and increase bone remodeling.

### **Calcium regulating superstars that will save your bones**

Osteophase is the first nutritional supplement that reliably regulates calcium homeostasis to rebuild skeletal bone and resolve calcium overload.

It's a marine-based formula made from oyster shell lining combined with 21 different amino acids, iron, zinc, and three specific herbs—Astragalus, Angelica sinensis root, and Coix seeds.

The inner lining of the oyster shell contains biologically active proteins and enzymes that are responsible for stimulating the formation of the hard outer shell from available calcium. The manufacturers of Osteophase developed a method of extracting these bioactive ingredients from the shell lining, along with calcium from the actual shell.

When they're combined with the three herbs in the formula, the active components of the oyster shell lining help regulate the functions of calcium in the body, pulling it out of soft tissues where it can cause damage, and re-directing it into the bones to strengthen them.

Research has shown that Astragalus extracts inhibit bone loss in rats that have had their ovaries removed. This could indicate that it may be a good bone-protecting alternative for post-menopausal women who were counting on hormone replacement therapy for this purpose.

## **Reports 61-65: Drop those stubborn pounds for good—no dangerous drugs needed**

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### **#61 The part of the story even Oprah didn't know...Why the latest diet "miracle" already created a flood of inferior knock-offs—and 4 easy ways to guarantee you're getting the real thing**

The weight loss industry has a new rising star—one that even Oprah is talking about. It's called Hoodia Gordonii. And it's no wonder Hoodia is getting so much attention. Apparently it's a non-stimulant that induces weight loss by taking away the feeling of hunger without limiting food intake, changing the diet, or adding an exercise regimen. It tricks your brain into thinking you're full so you eat less.

But it's not just your brain that can be tricked when it comes to Hoodia. In preparing this story, we learned that a number of Hoodia products do not contain the only variety of the plant shown to suppress your appetite. Luckily, there are some sure-fire ways to know you're getting the real thing.

#### **Is Hoodia all it's cracked up to be?**

The science behind Hoodia seems to be very promising, but the problem is that many products in the U.S. are not the real deal. Laboratory tests conducted by Alkemist Pharmaceuticals in Costa Mesa, California, show that approximately two-thirds of the tested Hoodia supplements contain no identifiable Hoodia Gordonii.

For a guaranteed Hoodia Gordonii product, try Nature's Benefit's Hoodia Supreme, whose supply comes from Stella Labs. The recommended dose is one to two capsules per day with an 8 oz. glass of water.

Since Hoodia is a food product, it has no reported incidences of overdosing or of negative cumulative effects. But you should not take this product if you are pregnant (and it is not recommended for children).

### **#62 Turn your body into a fat-burning machine with the help of this Ancient Ayurvedic secret**

Whether it's a few or more, there are good reasons for dropping those extra pounds. It's not just a matter of being a size smaller. It's protecting your health from the risks that come with being too heavy—and from going on diet after diet, only to gain weight back.

Here at HSI we scoured our sources to learn more about safe, natural remedies that can aid weight loss—and it's not just by curbing your appetite. Losing weight—and keeping it off—is complicated. It depends on addressing the many contributing factors, like diet, exercise, stress, and nutrition. What we found can help support all of your weight loss efforts.

Ironically, the promising new remedy we found is also among the oldest. It is part of Ayurvedic tradition, practiced in India for centuries.

It's called garcinia cambogia, and it's made from the dried rind of the Indian fruit garcinia. Modern research has shown that the active ingredient in garcinia is hydroxycitrate (HCA). HCA can help regulate appetite and maximize carbohydrate utilization.

Emerging research done in lab work and with mice suggests that HCA can help jumpstart metabolism and help burn fat more efficiently. HCA has also been found to help maintain cholesterol and triglyceride levels.

#### **Get that chocolate high while losing weight**

We also learned of another all-natural phytochemical that can support the emotional side of your weight

loss efforts. It's called theobromine, and it's found in, of all things, chocolate. Since the days of the ancient Aztecs, humans have known of the pleasurable effects of chocolate. But until recently, we didn't understand that those effects were caused by theobromine. Luckily, this mild stimulant, which is similar in structure and effect to caffeine, can be isolated from the fat and calories of chocolate. It can make you feel more peaceful and more energized—both things that can aid a weight loss program.

Natural products that help calm and relax you can also support your efforts to eat healthy.

Believe it or not, Native Americans have been using an herb called passion flower for centuries to relieve tension and stress. Widely used in Europe as a sedative, passion flower can relieve tension, irritability, and anxiety, as well as improve sleep quality.

### **Curb cravings and hunger pangs with time-tested herb**

We've talked about the emotional aspects of eating, but what about the physical ones? Let's face it, there are physical responses from the body when it desires food. Have you ever heard and felt your stomach growl? And surely you're familiar with those pangs you feel that signal hunger. The problem is, our bodies are conditioned to "ask" for food even if we don't physically need it. That's why herbs that calm the stomach and soothe the intestines can help support your efforts to eat less.

Chamomile is one of the oldest tricks in the book for that purpose. Chamomile tea has been used for years to relieve gas and indigestion and improve digestion. And as an added bonus, chamomile also soothes the nerves and aids sleep.

Finally, you've got to remember that the real object of weight loss is better health, not a certain number on the scale or a certain clothing size. And to that end, nothing is more important than protecting your body from free-radical damage. If you are overweight, chances are you're already putting more stress on your body than you should. And losing weight may actually expose you to even more free radicals—they are released during the breakdown of proteins and fats. Adding antioxidants to your diet or supplement program is a good habit to form now and continue even after you reach your weight loss goal.

There are a lot of antioxidants out there—they're found in fruits and vegetables, and in many supplements. If you eat at least five servings of fruits and veggies each day, that's a good start. Blueberries are a particularly rich source of flavonoids, a type of antioxidant that has shown exceptionally strong free-radical fighting properties.

### **One convenient supplement delivers complete weight loss support**

The good news is that you don't have to hunt down all these individual supplements, or swallow half a dozen pills with each meal. Because there's a formulation that contains all five—garcinia, theobromine, passion flower, chamomile, and an antioxidant-rich blueberry extract—in one convenient capsule.

It's a product called Weight Guard Plus. Each component of the formula has been used for many years in traditional herbal medicine with no dangerous side effects. And although people are just starting to learn about it, the initial reports are very exciting.

For ordering information, see the Member Source Directory at the end of this report.

## **#63 Nature's surprising fat fighter: You knew it was good for you...now find out how it helps you lose weight fast!**

Overcoming the pitfalls of our modern, fat-promoting culture can be as simple as adding to your diet this naturally occurring nutrient that is fat-free, cholesterol-free, calorie-free...and almost completely missing in popular supermarket junk foods: fiber.

## **It may not be new and exciting...but it IS radical...and it works!**

You see, we are bombarded with foods that have been processed so extensively that they are virtually devoid of fiber. Eighty percent of the food we consume in this country is processed. The more the product is refined, the more fiber is removed.

### **This remarkable nutrient naturally blocks the absorption of fat**

When healthy adults are fed equal amounts of fat in the forms of whole peanuts, peanut butter, and peanut oil, more fat is absorbed from the peanut oil than from the peanut butter, and more from the peanut butter than from the whole peanuts. Why? Fiber blocks the absorption of fat—and hence calories—in the intestines.

The greater your fiber consumption, the higher your caloric waste. Fiber causes a true alteration in digestion and in the absorption of fat. Part of the fat becomes “associated” with fiber, so that it is unavailable for digestion and increases fat excretion.

What’s more, when you consume enough fiber, both your small and large intestines contain more watery material. When your bowels are full, you do not feel empty. You stop eating

### **What happens when you remove fiber from your foods?**

Quite simply, you gain weight much more easily. Here’s why.

There’s an enzyme in your fat tissue that has the primary function of protecting you from starvation. As soon as any weight loss takes place, this enzyme sends a message to your brain to increase your caloric intake. (Like it or not, this is how our bodies have been responding across the centuries; a response more suitable to an age long before the availability of 4,000 foods in your 24-hour supermarket.)

Now, when you eat a natural, high-carbohydrate food that’s been stripped of fiber... you’re dumping too much sugar into your blood, causing the production of too much insulin.

Too much insulin initiates communication between this enzyme and your brain. In other words, when you eat foods devoid of fiber, you are essentially sending the message “I’m starving!” to your brain, setting in motion the chain of events that leads to slowed calorie burning and more stubborn fat-storage mechanisms.

As you can see, fiber is critical to maintaining a healthy weight.

But how can you get enough fiber in your diet—the 40 to 60 grams required for weight control—when you get only 6 grams of fiber in five heads of lettuce? Two grams of fiber in an apple? Very little fiber in leafy greens? You can’t!

Even worse, if you dine out often, or don’t have time to buy and prepare fresh, fiber-rich foods on a regular basis, you’ll never meet your daily requirement through your diet.

But you can manage a high-fiber intake without making major adjustments to your usual eating regimen.

Fiber supplements contain naturally occurring plant fiber. The formulas are derived from plants that are basically old-fashioned foods but are cloaked in late-20th-century technology.

Note these advantages of fiber supplementation in powder form:

- Grinding fiber into very fine particles makes it more readily digestible.
- Fiber supplements slow digestion, a very beneficial metabolic advantage.
- A high-quality fiber supplement offers standardized pectin, otherwise available only through the consumption of fruits, which may be off-limits to those with blood-sugar problems or those who eat out more than at home.



- Different types of fibers vary in function, and supplements contain a greater variety than you would ordinarily get on your dinner plate even if you chose natural foods as your meal choices.

Taking a fiber supplement on a regular basis assures an ongoing weight-loss advantage on two counts. First, it makes you feel full, which helps control your food consumption. Second, it adds no calories. With supplementation, you can manage a high-fiber intake without adding significant calories—a double whammy to those extra pounds.

It can't be overstated: Fiber is the only component in your daily diet that contains no calories, no fat, and no cholesterol.

### **An ancient health and beauty secret revived**

Two thousand years ago, Hippocrates encouraged high-fiber diets. Fifteen years ago, Denis Burkitt came to this country from England and Africa to share his knowledge about fiber. No one seems to have paid much attention to either of these men of renown.

But the Health Sciences Institute wants you to be fully aware that the addition of a fiber supplement is in your best health interest and is a highly effective way to help lose weight safely and naturally.

There are a few good fiber supplements available. (A good supplement has a blend of natural fibers.) Among them are the following:

- gums, especially guar gum, which moderates sugar absorption better than any other fiber
- psyllium seed husk, which will have a beneficial effect on your glycemic index, your body's response to sugar, and also has great bulking activity
- pectin, mentioned above

Start your fiber supplementation slowly. Work up very gradually to 3 level teaspoons in at least 12 ounces of water. The more water you drink, the better. After two weeks, take the mix twice a day. If necessary, take it three times a day.

It's not necessary to spend a small fortune on fiber, though. You can get a perfectly good fiber supplement containing the above ingredients at your local health-food store.

## **#65 A 4-in-1 approach to detox and weight loss**

We spoke to representatives from ProHealth about their comprehensive approach to detox and weight loss called 4-in-1 Body Slim. As the name implies, it targets four areas. Its ingredients—chromium, fiber (psyllium), chitosan, and kojic glucomannan—were all chosen for their specific abilities to decrease appetite, stabilize appetite, cleanse the digestive system, and reduce caloric intake.

As ProHealth's product development team explained, the first step in the 4-in-1 Body Slim weight-loss process is detoxification. The psyllium it contains cleanses your digestive tract. Psyllium is an insoluble fiber that stimulates production of bile, which is necessary for the digestion of fats. Besides stimulating fat-digesting bile, psyllium helps promote digestive-tract health by reducing the amount of time fecal matter is in the colon. This not only keeps your system clean but also further reduces the absorption of fat and fat calories.

### **#64...**

Weight gain is a very common side effect of synthetic estrogen in women. You can give up your risk-laden hormones for a safer alternative, natural progesterone cream, and lose weight easily, effectively, and safely. Apply 1/4 to 1/2 teaspoon of natural progesterone cream, transdermally (through your skin), each day. To find out how to order the natural progesterone cream we've found called Progenssa20, refer to the Member Source Directory at the end of this report.

Once you have a “clean slate,” 4-in-1 Body Slim focuses on controlling appetite, cravings, and all-around fat absorption, starting with *kojak glucomannan*. We’d never heard of it before, but research shows that it can absorb up to 200 times its weight in water, leaving you feeling full. So it works as the appetite-suppressant part of the formula.

Chromium picks up the torch from there and works to stabilize your appetite. It balances out glucose levels and decreases cravings, especially for sweets and carbohydrates, which are often triggered by drops in blood glucose. One of the representatives we spoke with is diabetic himself and uses 4-in-1 Body Slim without problems, but he strongly recommends consulting with your health care provider to determine if this product is right for you if you have diabetes.

Chitosan is a fairly well-known weight-loss product that binds to fat molecules near it. Since chitosan is non-digestible, it passes through the body along with the fat bound to it—so you never actually absorb that fat.

Other than occasional reports of belching, bloating, flatulence, constipation, and nausea, (and the safety caveat for diabetics) 4-in-1 Body Slim appears to be safe. They recommend supplementing with digestive enzymes if you find you are prone to these side effects.

Cleansing and rejuvenating your system doesn’t happen over-night, and there were no human trials specific to the combination found in 4-in-1 Body Slim, but the specific ingredients do seem to lend themselves well to both weight loss and detoxification.

## Reports 66-70: Breathe easy—whether you’re suffering from severe allergies or asthma

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### #66 Australian breakthrough against asthma and allergies

Australia has the highest incidence of asthma in the world. One out of every four Australian children is afflicted with the disease. But a remarkable new preparation, developed by a private Australian research company, is causing a small revolution. In many cases, asthmatics have been able to throw away their inhalers after a few weeks, sparing themselves the potentially deadly risk of steroid medications.

#### #67...

Urgency in treatment is something people with asthma understand—you need help immediately. If you feel an asthma attack coming on and you’re caught without your inhaler, head for the closest Starbucks: Two strong cups of coffee or hot cocoa will help you breathe easier and will buy you time until you can get to your inhaler or to medical care. The caffeine contained in coffee and cocoa and the popular asthma drug theophylline are almost identical.

The natural preparation causing such a stir in Australia is Oralmat, a patented extract of *Secale cereale*, more commonly known as rye grass. This completely nontoxic and pleasant-tasting liquid is administered under the tongue (three drops, two or three times a day), allowing the active ingredients to be absorbed directly through the mucous membranes of the mouth, bypassing the digestive system.

Researchers report that adult asthmatics get significant relief—often enough to reduce or eliminate other asthma medications—after using Oralmat drops for three to four weeks. In children, the effect is much more rapid. The availability of a safe and effective alternative to using toxic steroid medications on young children is the answer to many parents’ prayers.

## **Allergies, infections, and immune disorders also improve**

But asthma is just one of dozens of conditions that reportedly improve with Oralmat. Scores of anecdotal and clinical reports indicate success against allergies; colds; flu; chronic fatigue syndrome; viral, fungal, and bacterial infections; HIV-related complications; diabetes; multiple sclerosis; Gulf War syndrome; and other maladies. In five years of clinical use, not a single adverse response has been reported.

Chemical analysis reveals a half dozen active ingredients: phytoestrogens (including genistein and matiresinol), co-enzyme Q10, squalene, and beta 1,3 glucan. Each of these constituents is known to have significant health benefits.

Although the presence of these compounds provides some insight into Oralmat's powers, many questions remain unanswered. The manufacturers do not specify what amounts of these immune-stimulating substances are found in the product, but they appear to be relatively low. Other benefits, such as relief of allergies and reduction of insulin dependence, would not ordinarily be expected from these constituents— at any potency.

It is possible that Oralmat's actions can be traced to ingredients not yet identified or recognized. Another possibility is that the small amounts of natural immune activators in Oralmat stimulate and amplify the body's own immune responses. Or perhaps it is this specific and unique combination of the individual nutrients that produces the amazing results. Whatever the answer, it is clear that the whole is far more than the sum of its parts.

## **#68 You could be just one bottle away from getting rid of your allergies for good**

AllerPhase contains 10 traditional Chinese herbs specifically selected for their ability to quickly and safely relieve allergic symptoms while gently resolving the underlying immune system imbalance that triggers allergic reactions in the first place.

The first herb on this list, *Gastrodia*, is one we hadn't seen before in an allergy formula: It's commonly used in China to treat hypertension, improve circulation, and resolve headaches. But it appears exclusively as an allergy herb in AllerPhase and is largely responsible for the formula's ability to relieve brain fog—one of the main symptoms of allergies. Recent research suggests that *Gastrodia* aids in improving memory by promoting blood flow to the brain. But better blood flow also enhances the ability of other herbs to quickly reach brain tissue. This strategy works on allergy symptoms because allergic reactions don't just happen in your nose, your eyes, and your ears—they're also in your brain, since they affect your central nervous system (CNS), which is what causes the brain fog.

Two of the formula's other herbs are also rarely seen in allergy products: *Paeonia sufruticosa* and *Pseudostellaria*. English told me that these herbs actually help desensitize you from allergens so they become less and less of a problem over time.

AllerPhase's other ingredients—*Centipeda*, *Xanthium*, *Angelica*, *Schizonepeta*, *Fritillaria*, *Platycodon*, and licorice—work together in various groupings to target specific allergy symptoms.

- *Centipeda*, *Xanthium*, and *Angelica* work to clear nasal and sinus congestion
- *Schizonepeta* reduces inflammation responsible for itching eyes and irritated respiratory tissues
- *Fritillaria*, *Angelica*, *Paeonia* and *Platycodon* work together to reduce inflammation and tissue swelling
- *Centipeda*, *Fritillaria*, *Platycodon* and licorice all act to reduce fluids—running nose,

**#69...**

Hay fever getting to you? A placebo-controlled study tested an extract of *Tinospora cordifolia* (an herb used in Ayurvedic Indian medicine) on 75 hay fever patients for eight weeks. The study showed that white blood cell counts were elevated in the *Tinospora* group, suggesting an enhancement to the immune system. More than 70 percent in this group said they experienced relief from nasal itchiness. Also, *Tinospora* is purported to help prevent infection.

watery eyes, etc.

**One bottle could be all it takes**

From what I've found in my conversations with the people who have tried it, AllerPhase's effects are unique to each person. But while AllerPhase has different results for different people, it does seem to help most people who try it. HSI panelist Hyla Cass, M.D., was one of the first clinicians to evaluate AllerPhase. She's given the formula to numerous patients over the past year. As she explains, "Even in cases where patient's allergic symptoms were severe and unresponsive to traditional and alternative therapies, AllerPhase brought about almost immediate and profound relief within 30-40 minutes." The recommended dose is two capsules as soon as your allergy symptoms start. Then take one or two capsules twice a day as needed until the symptoms stop.

English told me his own family started taking AllerPhase after his son's friend's experience and that they all swear by it. He also says that a lot of people who have tried it report back that they actually don't need to take any more after the first bottle—their symptoms just don't come back.

**#70 Stamp out even the worst asthma: A breakthrough approach to easy breathing without devastating side effects**

With the FDA attack on ephedra, natural medicine doctors scrambled to find another effective herbal supplement that would control asthma. One doctor didn't stop until he discovered Phytocort.

Brand new to the market (and free of the super-dosing side effects that got its notorious predecessor into trouble) this blend of four Chinese herbs is poised to break through the all-too-common prednisone prison—not only safely, but just as successfully.

**Works as well as prednisone—and benefits the immune system, too**

Dr. Ba X. Hoang, working with the Allergy Research Group in Alameda, California, has made the research of natural asthma alternatives a lifelong mission, always staying on the lookout for the latest studies and continually scouring sources for potential breakthroughs in product development. It was a year ago now when he and his associates came across an all-too-rare published study of the effects of herbal treatment on asthma symptoms.

While lung function in the herbal-treated group was not as high as lung function in the prednisone group, the herbal treatment's performance was comparable to the corticosteroid (the use of which is meant to mimic a class of hormones produced in the adrenal cortex) in every other category. But what's even more striking is that the herbal formula actually had an immune-boosting effect on the patients taking it.

The formula also increased the participants' cortisol levels—the suppression of which is yet another pitfall of prednisone. Regular use of corticosteroids can do irreversible damage to your adrenal glands over time, ultimately leaving your body unable to produce enough cortisol on its own. And this side effect is seriously bad news: Low cortisol levels can lead to a spike in pain and fatigue, often accompanied by a hefty dose of depression and difficulty in dealing with emotions in the face of stress.

**A balanced formula to help you breathe easier for good**

With *Sophora flavensis* as the lead herb in Phytocort, Dr. Ba and his associates included the two sup-

porting herbs in the original clinically tested formula for additional allergy and immune support, as well as a fourth, balancing, herb:

- *Ganoderma lucidum* is a medicinal mushroom with a wide range of uses, noted for its strong anti-inflammatory, immune-strengthening, and general healing properties.
- *Glycyrrhiza uralensis*, or licorice root, offers support as an expectorant, an anti-spasmodic, an anti-inflammatory, and a soothing agent, also enhancing the effects of naturally occurring cortisone in the body.
- *Morinda citrifolia*, also known as noni, was added for its kidney support and diuretic qualities, to eliminate any possibility of bloating that could accompany licorice root.

The recommended initial dosage of Phytocort is three capsules three times a day, with a maintenance dosage of two capsules twice a day. And Dr. Ba tells me that, unlike ephedra, which can pose risks to cardiovascular and nervous function when taken in very large doses, this formula is considered safe for long-term use in any asthma patient.

While Dr. Ba has found that many asthmatics will experience a calming of their symptoms within two weeks, he advises that three to six months be allowed for the best restorative results. He recommends that you start with the maximum dosage, work with your doctor, and consider a gradual tapering off of prednisone use by 2.5 to 5 mg every two to three days until you have eliminated it altogether. Given enough time, even the most difficult-to-treat patients may eventually be able to toss away their steroids for good.

## **Reports 71-73: COPD is a thing of the past with these lung-savers**

### **#71 Clogged lungs cleared: Stopping America's 4th biggest killer**

When one of our contacts called us about a product he referred to as “truly bizarre,” I thought “How ‘out there’ can it really be?” After all, we come across some pretty unique and complex stuff almost daily in the course of our research. But in this case, there really is no other word to describe the novel treatment for cystic fibrosis, chronic obstructive pulmonary disease, and other respiratory ailments that he told me about: Bizarre sums it up nicely.

It's a liquid formula of DNA called Mucolyxir that, applied sublingually, helps dissolve airway-blocking mucus. That's right—DNA under your tongue to help you breathe better: See what we mean by bizarre?

But not only does it appear to be safe and effective, it also costs much less than you might expect for something this revolutionary.

Our medical adviser, Dr. Martin Milner, also told us that people with acute or chronic asthma who have excessive mucus production could also be helped by Mucolyxir.

#### **Recommended protocol**

When I spoke with Dr. Lieberman, I also asked him to explain what exactly is involved in using Mucolyxir. He told me that it is administered sublingually (under the tongue) in doses of just one drop at a time.

The single drop should be applied on the floor of the mouth, behind the lower teeth, and you should refrain from swallowing for 15 seconds. To avoid dilution, you should also avoid eating or drinking for five minutes after application.

He emphasized that all patients, regardless of diagnosis, are advised to employ the “rush technique” on the first day of using Mucolyxir. This technique involves taking one drop every 15 minutes for one hour. After the first hour, take one drop every hour until bedtime.



On the second and third days of treatment, take one drop four times daily: one after each meal and one before bed. Beginning on day four, use only as needed—more drops on days with severe symptoms, fewer on good days.

Now, what about cost? A formula based on DNA certainly sounds like it would be expensive. But Mucolyxir is actually fairly affordable, especially considering the cost, in terms of potentially dangerous side effects, associated with the mainstream treatments—like bronchodilators, antibiotics, and even lung transplants—currently used for cystic fibrosis and COPD.

The drops are stable whether they're refrigerated or at room temperature, so you can carry them with you, for quick easy access, in your pocket, purse, or briefcase without worry. For details on how to get Mucolyxir, see the Member Source Directory at the end of this report.

## **#72 Fend off your cough—and win the battle in your lungs—with the help of this new flu-season hero**

It happens every November: The CDC newsroom broadcasts its panicked alerts ordering you to line up like a lemming for your flu shot. But we don't buy into the hype—and you shouldn't either.

There's a lot about that shot that they're not telling you in those convenient sound bites. Mercury, formaldehyde, and ethylene glycol (better known as antifreeze) all accompany the little dose of last year's flu that's mainlined into your muscle on the CDC's recommendation. And when that fails (and yes, it's been known to) an entire industry is waiting to scare you into taking their marginally effective products, too.

So when Jim English called to tell me about BronchoPhase just as the flu frenzy was beginning, I'll admit to being more than a little skeptical—until he told me *not* to take his product to avoid the flu or any other nasty bug that might be making the rounds.

Instead, he told me, you should save it for when you need it the most: when you've already been knocked down—and before a bad situation gets even worse. Because the flu may not always kill you—but the infections it can cause will.

### **A natural cure for a stubborn cough**

BronchoPhase is a blend of 13 herbs developed by Dr. Jake Fratkin, a renowned herbalist who's been in practice for nearly 28 years now. "A lot of what I know I learned in China," he told me. And after a year spent living and studying in the birthplace of herbal medicine, his attention moved to one point of treatment in particular—and perhaps the most widely employed use of herbal cures in the East: the treatment of respiratory ailments.

In addition to having a battery of published studies to back them up, all of the ingredients in this formula have stood the test of time as key players in the battle against bronchitis. And all of them serve to play at least one of the several roles required in a holistic approach to curing your cough:

- Belamcanda (rhizome), which soothes a swollen, painful throat; alleviates your cough; and helps to expel phlegm
- Trichosanthes (seed), which moistens a dry cough to expel phlegm and ease chest pain, and alleviates the thirst that results from fevers and a sore throat
- Asparagus (tuber), which also acts as a moistening agent, helping to expectorate thick phlegm, while alleviating your cough
- Fritillaria cirrhosa (bulb), which is used to treat several types of coughs—particularly one with phlegm that's tougher to expel

- Citrus aurantium (fruit), which dissolves and reduces phlegm in the lungs
- Scutellaria baicalensis (root), which lowers fever and thirst and also acts as a cough suppressant and expectorant
- Stemona (root), which alleviates both acute and chronic coughs
- Andrographis (herb), which is an anti-bacterial agent that also addresses inflammation in the throat and lungs
- Gardenia (fruit), which eliminates inflammation in the form of fever, restlessness, and insomnia
- Morus (root bark), which alleviates your cough and reduces lung inflammation
- Platycodon (root), which is another expectorant that soothes your cough along with the pain, swelling, and hoarseness that accompany it
- Armeniaca (seed), which relieves coughing (especially the dry kind) and wheezing.
- Licorice (root), which eases your cough and soothes your sore throat

Dr. Fratkin first developed his formula as a tincture, which he reserved solely for his own patients. And when I asked him what kind of successes he's seen in his patients using BronchoPhase, his reply was as straightforward as they come: "I can count on it."

Bronchitis cases show up at his office in droves every year—and even for the most stubborn coughs, he told me, this particular treatment seems to work every time. And it's not just for complications resulting from a cold or the flu—cases of whooping cough have been multiplying in recent years at Dr. Fratkin's Colorado practice, due in part to the growing distrust of routine vaccinations.

But he's safely and quickly treated entire families with BronchoPhase—no shots required.

### **Convenient capsules that pack the same reliable punch**

I'll bet you're wondering whether or not the capsules you'll get in a bottle of this formula will actually work as well as Dr. Fratkin's popular tincture. What I can tell you is that, so far, that certainly looks to be the case.

The secret behind the capsules' quality lies at Tango's state-of-the-art facility in Shanghai, where sourcing high-grade raw herbs is among the leading industries. And they mean business—each formula is elaborately manufactured as a whole once the proper individual ingredients are selected.

Dr. Fratkin has seen comparable results with BronchoPhase capsules himself—most notably in his own son, who came down with a chest cold at the expense of his soccer practice not too long ago. After taking BronchoPhase three times a day, though, he was back on the field in just over a week.

The recommended dosage of BronchoPhase is two capsules, three times a day, for as long as symptoms last—with a fourth dosage before bed if your cough is keeping you up at night. According to Dr. Fratkin, BronchoPhase works the fastest when taken at the first sign of a tickle in your throat—delivering relief within three days to a week. For a fully developed cough, though, you'll probably need to take the formula for at least a week.

## **#73 Reverse the effects of COPD with a miracle food you're already eating for dinner tonight!**

Imagine finally being rid of the wheezing and coughing—finally being able to take a full, life-giving breath!

It's all thanks to that scourge of every kid's dinner plate: broccoli. Well, more specifically, a unique compound in broccoli called sulforaphane.

The new discovery adds to an already impressive résumé—sulforaphane has previously demonstrated

anticancer, antidiabetic, and antimicrobial action. First discovered in 1992 by researchers at Johns Hopkins University, it's now believed that sulforaphane could hold the key to beating the devastating oxidative damage that comes along with COPD.

### **Jump-start the gene that repairs COPD damage**

There's no effective mainstream therapy for COPD, which slowly deteriorates the respiratory system. Oxidative stress has long been known as a key contributor in COPD. Over time, it becomes more and more difficult to breathe, as the airways get narrower from inflammation caused by toxins.

Oxidative stress leads to the biggest concern with COPD: preventing bacterial infection. Most COPD patients end up with infection in the lungs, and that's what can be deadly.

If you wipe out the toxins and ease the inflammation, breathing gets better and there's less chance of infection. It's all about activating a special group of antioxidants.

Scientists have known for a while now about a gene called NRF2. This gene controls a group of antioxidants that are key components in the lungs' defense system against inflammatory injury (such as COPD). The count of these antioxidants goes down as the severity of COPD goes up.

Recently, researchers looked at tissue samples from the lungs of smokers with and without COPD. Smokers with COPD had much lower levels of NRF2-dependent antioxidants as well as a significant decrease in a protein that regulates NRF2. Their lungs also showed higher levels of cell-damaging oxidative stress. All of these findings help to explain the decreased lung function caused by COPD.

Before the new study, it wasn't clear why the lungs of COPD patients show this oxidative stress. Researchers discovered that it's the loss of the antioxidant defense system controlled by NRF2.

The same research showed that NRF2 was actually "turned on" and being expressed, but that it was being degraded. Essentially, in patients with COPD, NRF2 was being stopped from unleashing the antioxidant power that keeps lungs healthy and clear. It turns out that the protein (DJ-1) that stabilizes NRF2 showed up less in those patients.

The researchers determined that increasing NRF2-regulated antioxidants could be a "new treatment direction" for reducing the damage in COPD-ravaged lungs. Directly treating COPD with antioxidants doesn't seem to do the job—the real answer seems to lie in increasing the action of NRF2.

And what's done the job in several studies? Sulforaphane, which naturally occurs in broccoli and wasabi horseradish. When researchers treated DJ-1-deficient mouse lungs and human lung cells with sulforaphane, NRF2-controlled antioxidant defenses were raised. Not just a little, either—levels reached those of lungs without COPD.

It turns out that sulforaphane actually prevents the degradation of NRF2. Researchers also commented that increasing NRF2 activity could restore detoxifying enzymes to counteract the damage from COPD as well as other effects of tobacco smoke.

Tobacco smoke and other airborne pollutants like car exhaust particles can cause oxidative distress and inflammation. This leads to and aggravates diseases like COPD. Your body normally produces protective phase II enzymes to tackle inflammation and toxins. Those enzymes promote long-lasting antioxidant activity in the body. But with a disease like COPD, the enzymes aren't as numerous or powerful.

Sulforaphane actually kicks phase II enzymes into action, unleashing their power on the oxidative stress of COPD. Recent research shows that sulforaphane increased the production of phase II enzymes 15-fold. It was noted that it's actually the most potent known naturally occurring inducer of phase II enzyme genes.

This is what makes sulforaphane so powerful. It's not a direct antioxidant, meaning it doesn't take on

free radicals directly. Instead, it helps the body to boost its natural production of antioxidants that cycle through the body again and again, eliminating many types of free radicals and oxidative damage.

Direct antioxidants like vitamins C and E, while valuable to your body's disease-fighting arsenal, can only remove one molecule of a free radical before being destroyed. These antioxidants also don't last as long, only a few hours.

### **Don't wait until the mainstream is ready—you need relief now**

Of course, the mainstream looks at all of this research and says COPD patients could “one day benefit from” sulforaphane. Well, just when is “one day”? How long do you want to wait for relief?

While sulforaphane hasn't been tested for the treatment of COPD in humans, the research is promising enough to jump on it. We've found a source that uses sulforaphane that's produced by a company called Caudill Seed—the very company that developed the sulforaphane used in the studies at Johns Hopkins University. JHU has been the location of the bulk of the scientific work on broccoli compounds.

## **Reports 74-76: Targeted care for your bladder and urinary tract**

### **#74 Keep your bladder healthy naturally with this exclusive herb & mineral blend**

Bladder health is typically on that list of taboo subjects. So let's open it up and talk about what you can do now to keep your bladder strong and toned for the long haul, starting with a new formula available called UroLogic.

UroLogic was specifically designed to help support bladder tone and function. The bladder is, after all, a muscle. And just as the other muscles in your body need nourishment, so does your bladder.

#### **Power-packed plants**

The natural ingredients in UroLogic work together to improve the tone of the bladder wall and the surrounding area—supporting the bladder's ability to correctly and efficiently fill and empty as well as the ability to keep urinary electrolytes in balance and calcium levels in check.

The two signature ingredients are the herbs *Crateva nurvala* and *Equisetum arvense*. *Crateva* comes from a small tree (commonly known as the three-leaf caper) often found along riverbanks and cultivated throughout India, where it's traditionally used to maintain bladder health.

Preliminary studies (one on dogs and one on 30 human subjects) involving traditional Ayurvedic therapies show that *Crateva* helps support bladder tone and function.

According to the manufacturer, UroLogic has no recorded side effects and is not known to interfere with any prescription drugs or supplements. Of course, you should always consult with your health care practitioner for advice on any interactions. Although very unlikely, there is some evidence to indicate that *Equisetum* may enhance the effects of diuretic blood pressure drugs.

#### **#75...**

If you have ever had a urinary tract infection (UTI), you also understand urgency. If you get recurring UTIs, you've probably tried drinking cranberry juice to relieve your symptoms. It usually works, but it seems to take a lifetime. For faster relief, pick up some Alka-Seltzer. Even though the product has never been advertised for this use, it can help eliminate the infection almost instantly. Just dissolve two tablets in a glass of water and drink it at the onset of UTI symptoms.

UroLogic is available through Prism Nutrition. The suggested dosage as a dietary supplement is two capsules in the morning and two capsules at night with meals for the first two to three months. About 50 percent of people notice an effect within three weeks, but give it some time. UroLogic's herbal ingredients need a couple of months to build up in your system. Optimal effects are usually achieved in two to three months. At that point, you may be able to lower your dosage by half for maintenance.

## **#76 Stop your “going problem” in days with a breakthrough Far East blend**

FloControl is a blend of traditional Chinese herbs that have long been known to enhance urinary function. Together, the herbs in FloControl attack urinary incontinence (UI) from many angles.

The fruit of the Cherokee rose—unusual in its high concentration of vitamins, minerals, and essential fatty acids—has long been used to treat UI and high urinary frequency.

Alpinia, native to tropical parts of Asia, is part of the ginger family. The fleshy flowers, which are part of the FloControl formula, are known for their action against several UI problems: frequent urination, dribbling, and nighttime urination.

Celebrated for 2,000 years of Chinese medicine, the Asiatic cornelian cherry addresses excessive urination and urinary frequency. Its effect is enhanced by cured rehmannia, another herb in FloControl.

Licorice root, an anti-inflammatory herb, soothes muscle spasms and has been shown in animal studies to decrease urine output.

Then there are the herbs that lower blood sugar, decreasing one of the major causes of UI. In one study on diabetic animals, the fungi Cordyceps produced a significant drop in blood-sugar level and increased the circulating insulin level. Cured rehmannia, one of the most popular tonic herbs in Chinese medicine, has a similar effect—it produced a significant decrease in blood sugar in a study on rats.

Panax ginseng, used medicinally for 5,000 years, is a popular treatment for type II diabetes and for many other diseases. Much of the research echoes the same conclusion reached in a 2006 study. Panax ginseng lowers blood sugar considerably.

On their own, these herbs address individual symptoms of UI, but together, they're pretty incredible. FloControl restores bladder strength and muscle tone, reducing the need for frequent urination. No more multiple nighttime trips to the bathroom.

FloControl helps stop the leakages you might fear every time you sneeze or laugh. And in men, it actually enhances muscle tone to reduce “dribbling.” When Jim finally started hearing back from people about how well FloControl was working, the results were encouraging. Out of 15 people suffering from incontinence, 11 saw a complete cure and four saw improvement after 20-40 doses of FloControl.

Understandably, not many people wanted to discuss their experiences with FloControl. But I was able to find a few people who were willing to talk.

Sheryl's in her mid-60s. Her weak bladder muscles had her getting up three times a night and making note of every bathroom she passed.

Within two weeks of starting FloControl, she started sleeping through the night again. She doesn't have to stop in the woods nearly as often when she goes hiking. And she can even have a cup of coffee in the morning. On FloControl, she felt confident enough to go on a two-week Mediterranean cruise with her husband.

The moment I called Vincent, he made sure I knew I was talking to “the ultimate cynic.” For about five years, he had been feeling like “the spigot wasn't all the way off” after urinating. The constant sense of urgency was becoming intolerable, and he was getting up three, sometimes four, times a night.

His urologist put him on a couple of drugs, but he was still having problems. He didn't expect FloCon-



trol to work, but he didn't see any harm in trying. The cynic is now a believer. The very first time he took it, he only got up once during the night. His sense of urgency has improved, and he's so happy with FloControl that he confesses he's a little afraid of running out.

And then I found myself on the phone with an HSI member named Dana. She used to have "all the bladder problems anyone could have," she said. Dana's been on FloControl for a couple of weeks now, and she reports that it's "helped immensely." She's no longer wearing Poise pads during the day and has been gaining more control with each passing day on FloControl.

When I first talked to Jim about FloControl, he pointed out a very important benefit of the formula. Urinary incontinence is the number one trigger for people sending their aging parents into extended care. If you are caring for an older parent, FloControl can extend the amount of time she spends living independently.

## **Reports 77-79: A safe solution for your prostate problems**

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### **#77 Vietnamese medicinal herb shows promise in healing prostate and ovarian disease**

We talk a lot about traditional Chinese medicine and the inroads it's made as a modern approach to healing. But we never focused much on traditional Vietnamese medicine until we learned about one of its most valuable herbs called *crinum latifolium*.

Apparently, it's so revered in Vietnam that it used to be reserved only for royalty and was known both as the "Medicine for the King's Palace" and the "Royal Female Herb."

Those traditional references actually highlight one of *crinum*'s most unique aspects—its ability to target both prostate and ovarian health concerns. But *crinum* seems to be an equal opportunity herb. And its benefits seem to go beyond just sex-specific diseases too.

#### **92.6 percent success for BPH symptoms**

*Crinum* isn't just for prostate cancer or extremely advanced cases of prostate disease. It also appears to alleviate the symptoms of one of the most common male problems—enlarged prostate, or benign prostatic hyperplasia (BPH). The main symptom of BPH is frequent and sometimes painful urination. There are over 500 individual case histories of successful *crinum* treatment for BPH. And after seven years of research, the International Hospital in Vietnam reported that 92.6 percent of patients had good results using *crinum* for BPH (confirmed by measurements of prostate size and clinical evaluation by urologists). However, these results have not been confirmed in Western studies.

#### **Helping your cells communicate**

As effective as *crinum* appears to be, there's still no official consensus as to why or how it works. Researchers think it may have something to do with how it affects you at the simplest level—the cellular level. The human body contains about 70 trillion cells. With a few exceptions, each of these individual cells is a living entity with its own complete set of genes. Each of these cells maintains its own existence and also makes a vital contribution to your life and health. But in order for your body to function properly, all of those cells must communicate. For instance, your muscles must contract only when your brain sends a message to contract and not any other time.

Cells also communicate with one another to determine the correct balance of cell proliferation and apoptosis, or death. Basically, they're constantly working together to regulate how many cells you have—and how healthy they are—at any given moment.

But if your cells aren't communicating properly, apoptosis may not happen the way it should, which means that unhealthy, even cancerous, cells can continue to thrive and mutate. Recent experiments show that crinum extract helps cells produce a substance called neopterin, which they send out to communicate with immune cells, calling them into action against cancer and other foreign invaders.

## 5 more ways to knock out disease

We found a crinum supplement called Healthy Prostate & Ovary that also contains five other herbal ingredients—*alisima plantago-quatica*, *astragalus*, *momordica charantia*, *carica papaya* leaf, and *annona muricata* leaf—all known for their immune- and energy-boosting effects as well as their abilities to regulate abnormal body functions.

Crinum is so established and widely used as a treatment for prostate and ovary diseases in Vietnam that their crops of the herb are generally prohibited from being exported. So Healthy Prostate & Ovary is one of the first crinum products we know of available in the U.S. See the Member Source Directory on page 81 for complete ordering information.

If you decide to try the Healthy Prostate & Ovary formula, the recommended dose is three 600-mg tablets three times daily. And, as always, if you're battling cancer or any other serious illness, please consult with your physician before using this or any other product.

## #78 Obliterate prostate cancer cells with the power of heat—no cutting, no radiation

Picture a magnifying glass aimed at an ant on the sidewalk. Focus the rays of sunlight just right, and the ant meets a sizzling end. Shift the focus or put your hand anywhere else in the beam of light—no heat at all. Only at that original focus point is there any intensity at all.

That's the principle behind high-intensity focused ultrasound (HIFU). It's a one-time 2-4 hour outpatient procedure that highly focuses ultrasound into a small area. This creates intense heat of 176-212° F, killing the prostate cancer tissue. Cells in the entrance and exit path of the HIFU beam are not injured. The pinpoint accuracy of HIFU means tissues adjacent to the treatment area are preserved.

There is one exception: During treatment, the entire prostate gland is ablated, including the part of the urethra that runs through the prostate. This sounds worse than it is—the urethra is able to regenerate with time.

A number of images are taken before HIFU therapy is started. The entire prostate cannot be treated all at once, so it's divided into treatment zones. The physician is able to watch the procedure on a monitor in real time to make sure treatment areas are not changed by movements of the patient or treatment probe and to keep tabs on how the treatment is progressing.

Afterward, a catheter is inserted and remains for two to four weeks. There may be some bladder discomfort for the first few days after treatment, but many men find they go back to their normal daily activities with no problems. Dead prostate tissue may also pass through the urine, which can be alarming but is completely normal.

HIFU boasts a 94% disease-free survival rate at 3 years post-treatment. And if it doesn't work, it can be repeated, unlike radiation.

Of course, you want to hear from real people about how it works. Well, plenty of people are weighing in.

James, age 71, of Peoria, AZ, found the only downside to HIFU treatment was 21 days with a catheter. At first, he was worried about the cost, but he thinks the positive results were worth it—his sex life is back to what it was before the cancer, he's been pronounced free of cancer, and his PSA has dropped to 0.6.

Chris, of Fayetteville, NC, was days away from scheduling surgery in Nashville when he found out about HIFU. He spent the two pain-free hours of treatment chatting with his doctor about football and

the stock market. After resting for a day, he was back at work, and is now cancer free.

The morning after Charles, of Swayzee, IN, had his treatment, he went on a 4-hour sailing cruise with his wife. He had a catheter for about two weeks, but no pain. His first PSA test, at three months, was 0.008. He says he thinks HIFU is the best treatment available.

Though HIFU is standard treatment in Europe and other parts of the world, it's not yet approved by the FDA for use in the United States (though it is approved for investigational use—meaning you can receive the treatment if you enroll in a clinical trial).

So it isn't covered by insurance, and you'll have to travel to somewhere like Canada, the Bahamas, or Mexico (where the procedure is carried out by U.S.-trained physicians).

HIFU isn't cheap—treatment runs about \$25,000. But because this noninvasive treatment has changed the lives of so many men, you might just find that the benefits outweigh the costs.

## **#79 Prostate cancer treatment that spares healthy cells and sends a lethal dose of radiation to the tumor**

Once prostate cancer is identified, it's time to look at the options. But the typical invasive treatments aren't looking so good.

First, there's surgery. It's difficult to get to the prostate surgically because of its location deep within the body. When the capsule (the membrane surrounding the prostate gland) is opened, cancer cells could be spilled into the adjacent tissue. There's a high rate of morbidity associated with prostate surgery, not to mention the side effects and pain.

Damage to the urinary sphincter and erectile nerves can cause incontinence and impotence. In one post surgical study, 60% of men were unable to have erections firm enough for sexual intercourse, as compared with 16% before the surgery.

As for radiation...Imagine the spokes of a wheel. Now imagine shooting bullets down the spokes, aiming for the hub. Most of the power is going to be concentrated at the hub, but there will be considerable damage along the spokes. If radiation doesn't work, there's no possibility of "salvage" therapy—the damage is so extensive that surgery isn't possible. And if it does work, complications like bladder irritation and impotence increase over time and urinary retention can be severe enough to require self-catheterization.

There are, however, less-invasive options. One of these is proton beam therapy.

Proton beam therapy is a form of radiation therapy. The difference is that it uses charged particle beams that, unlike conventional radiation therapy, deliver about 80% of the energy at a controlled depth—it's more like throwing a tiny grenade at the tumor than shooting bullets down the spokes of a wheel. This means much less damage to healthy tissues as the beam goes through the body to reach the tumor site.

It's a painless, completely noninvasive treatment that results in reduced complications and fewer side effects. What makes it so effective is the targeting. Before treatment, a series of CT scans are performed with the patient immobilized in the treatment position, to image the tumor exactly as it will be positioned when treatment is carried out.

Physicists create a treatment plan, calculating the radiation dose as well as the angles at which the beams will be delivered. Once the physician reviews the plan, the devices required (apertures and filters) are custom-made for the patient. The treatment itself is carried out once per day over a course of about six weeks.

Though it is a precise form, the proton beam is still a form of radiation. Eighty percent of the energy is hitting the target, but that still means 20% of the energy is hitting other spots along the way. A vast improvement over conventional radiation therapy, but a minimized risk of damage to healthy tissue is still a risk.

Also, the proton beam treatment is often used in conjunction with X-ray therapy in order to treat any areas where microscopic cancer cells may be hiding. This, of course, brings us right back to the risks associated with radiation therapy.

Still, over 41,000 patients around the world have been treated with proton therapy for different types of cancer. The biggest draw is that patients can live life normally throughout the treatment, because there are no incisions made to remove the cancer. It's also covered by Medicare and some insurance companies. And because of the accuracy of the proton beams, the side effects of radiation are reduced.

## **Report 80: Forget dangerous HRT—menopause answers you can trust**

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### **A heart-protective, bone-strengthening option for dealing with menopause**

Many natural remedies try to offer safe, effective relief during menopause and to help maintain good health after menopause. And just as many fall short. But when we came across EstroG-100, it stood out from the rest.

Yes, it promised relief for all the typical symptoms—hot flashes, insomnia, night sweats, vaginal dryness, etc. But it also claimed to increase bone density and regulate body weight and cholesterol levels. This was worth looking into.

### **Relief for a lesser-known symptom of menopause**

EstroG-100 is a combination of three herbal extracts: shanzhiside methyl ester, wilfoside, and decursin/decursinol. Dr. Kay Olmstead, scientific affairs advisor to JLM Marketing, the manufacturer of EstroG, explained to us that these herbs work together synergistically to relieve all of the common menopausal symptoms. But one of the ingredients in particular—Decursinol—also gives relief to women who experience a symptom that's not typically associated with menopause—joint pain.

Decursinol, a new pain medication extracted directly from a plant called *Angelica gigas* Nakai, is clinically proven to relieve both acute and chronic pain. Olmstead explained that Decursinol acts on the central nerve system to relieve inflammatory pain. "In contrast," she told us, "most NSAIDs such as aspirin and glucocorticoid drugs are peripheral-acting drugs," meaning that they inhibit peripheral chemical mediators of inflammation such as COX-2 (cyclooxygenase).

### **Study shows more relief and stronger bones**

A year-long, double-blind study conducted at the Cheil Hospital in Korea demonstrated that EstroG-100 helps to relieve a huge array of menopausal symptoms such as hot flashes, insomnia due to night-sweats, mood swings, depression, and diminished sex drive.

Symptom relief is great, but it's the other study findings that set EstroG apart from so many other natural menopause remedies. JLM believes that these findings may support a role in disease prevention. And not just one disease—we're talking two heavy hitters: osteoporosis and heart disease. At the end of the 12 months, the scientists determined EstroG also increases bone density, a claim no other product can provide with clinical results.

But just as significant as what did happen in the study is what didn't happen. Dr. Olmstead said, "In general, women in the menopausal age tend to gradually gain weight and have increased risks of cardiovascular diseases and increasing cholesterol level." But none of the women who took EstroG-100 during the year-long study had significant changes in their BMI (body mass index, weight) or in their cholesterol levels (total and LDL/HDL). It's important to note that EstroG did not actually lower the women's cholesterol levels. It did, however, lower the triglyceride level by 23 percent, an indication that EstroG-100 is

positively acting on the lipids' metabolism to reduce the risk of heart disease.

The recommended dosage of EstroG-100 is one capsule, three times per day.

## **Reports 81-83: Start the day with surging energy and high spirits**

### **#81 Who wouldn't want 52% more energy: What the "Goldilocks Effect" can do for fatigue and your immune system**

We wade through so much dense science every day that when someone came to us recently and wanted to talk about Goldilocks, it was a welcome change of pace. But you'd be surprised just how closely related science and Goldilocks really are— especially when it comes to your energy levels.

Remember her unwavering dedication to finding things that were "just right" for her needs? Well, the new product HSI recently learned about takes this lesson to heart, and, as a result, provides significant relief of fatigue in over 90 percent of the people who try it.

It's called COBAT and it was originally developed by cancer researchers. Unlike toxic chemotherapies that are designed to destroy cancer cells, COBAT, a combination of two amino acids, taurine and beta-alanine, is a type of immunotherapy and is designed to stimulate the patient's immune system into anti-cancer activity. This can be a risky proposition for the patient: Sometimes stimulating the immune system can create other problems, such as allergic reactions or autoimmune disorders. But, in this case, the researchers found that COBAT didn't simply stimulate the immune system, it normalized it. It's actually an immune modulator.

#### **Not your average energy booster**

And it's these immune-regulating effects that make COBAT so different from other energy boosters. COBAT goes directly to the cause of fatigue: irregularities in your immune system. Of course, that begs the million-dollar question:

#### **What does the immune system have to do with fatigue?**

Fatigue can seem to result from a number of causes: blood sugar disorders, chronic infections, allergies, and toxicity. But all of these affect, or are affected by, a group of chemicals called cytokines. Cytokines are proteins produced by various types of white blood cells that make up the immune system. They act as messengers between the cells, enabling them to work together. Cytokines also stimulate cells to produce other cytokines, resulting in "cytokine cascades." Cancer researchers studying the immune system have long known that an increase in certain cytokines can cause a "cytokine syndrome" of fatigue, fever, brain fog, muscle pain, and depression.

According to research done at the University of Maryland, COBAT increases the production of some cytokines and decreases others, and this alters existing cytokine patterns that apparently are a major cause of fatigue.

Floyd Taub, M.D., one of the chief investigators, described this as the "Goldilocks effect": Not too much, not too little, but just the right balance of cytokines.

#### **Where to get COBAT and how to use it**

COBAT is sold under the brand name Taurox SB, and is available in two strengths, 6X and 7X. 7X sounds like it would be the more powerful of the two, but these terms refer to how diluted the substance is, so 7X is actually diluted more and is a weaker preparation than 6X.

While the full dose is 15 drops daily, many of the test participants gained full benefits with less. In fact, the label suggests trying "half or even fewer drops." If you do, you can stretch a half-ounce bottle into



more than a one-month supply.

Dr. Levine told me that “each patient should determine his or her best dose—the fewest drops that produce the desired benefit without any symptoms.” He went on to comment that patients who start with the 6X who get headaches or find themselves with “too much energy” should use fewer drops. Patients who are sensitive, allergic, have autoimmune disease, or chemical hypersensitivity should start with the 7X and move up to the 6X if they do not get the desired results.

The manufacturer warns that Taurox SB should not be taken with immunosuppressive agents, or by patients who have had an organ transplant. People with autoimmune diseases should consult with their doctors before using it.

Because of a lack of testing, Taurox SB is not recommended for pregnant or nursing women or children under 15.

Taurox does run on the expensive side. (See the Member Source Directory on page 81 for complete ordering information.) But keep in mind that, as an adaptogen, odds are it might help improve other aspects of your health too, by regulating your immune system’s cytokine levels. In other words, Taurox could go a long way in helping you reach your own personal “just right.” Goldilocks would be proud.

## **#82 Forget flax? A pop culture phenomenon has been hiding a comparable source of omega-3s, protein, and fiber**

If you’re always on the lookout for a better-tasting, more convenient source of omega-3s, protein, and fiber—then the nutrition profile of chia should make for a pleasant surprise.

Even though chia (the seed behind the Chia Pet’s rise to fame) might have seemed like an unlikely superfood 25 years ago, none of the seed’s health perks were discovered by accident. In fact, its history as a nutritive staple for warriors and hunters of the Aztec civilization long predates its rise to fame as the punchline of a popular gag-gift. Not only did the seeds sustain them on long expeditions, but they also played a role in many of the culture’s holy ceremonies as well.

Chia—and especially the patented BenVia Gold—makes for stiff competition against flaxseed when it comes to convenient plant-based sources of protein, fiber, and alpha-linolenic acid. Just to put that into perspective: One scoop contains more fiber than a serving of Metamucil and delivers 2,775 mg of omega-3s—that’s the equivalent of more than five flax oil caps, or 10 fish oil caps.

### **Five powerful antioxidants—one drawback**

BenVia Gold’s comparison charts are striking. But there’s one thing that you should bear in mind—and this caveat applies to flaxseed as well. Linolenic acid’s true value to your body only takes shape after it’s converted into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

It’s these latter fatty acids specifically (which are already formed in food sources such as salmon and other cold-water fish) that are known to boost the production of the prostaglandins that mediate inflammation, clotting mechanisms, and cardiovascular health.

Unfortunately, the conversion rate of linolenic acid into EPA and DHA within the human body is thought to be relatively low, even when additional nutritional co-factors are taken into account—which means that using plants as your primary source of omega-3s may not always be sufficient. So while BenVia Gold’s loaded with a lot of great nutrition—including plenty of alpha-linolenic acid—if you’re taking fish oil supplements, you’ll probably want to continue taking them in order to get the maximum benefits of a diet that’s rich in essential fatty acids.

But that’s not to say that BenVia Gold doesn’t have its advantages over fish oil, too. It also contains a load

of other vitamins and minerals. These include calcium, iron, magnesium, potassium, phosphorus, zinc, and vitamins A and B. See the Member Source Directory for ordering information.

## **#83 New generation of Romanian product relieves depression in as little as 4 days**

The anti-aging product hailed by HSI members for helping them look and feel younger is helping beat depression too, by literally rebalancing the “feel good” chemicals in your brain. But it doesn’t stop there. This product, Ultra H-3, also instills the desire in your brain to reproduce this feeling, which encourages it to naturally produce this ratio of balanced brain chemicals.

Ultra H-3 is based on an elusive formula from the 1950s (Gerovital H3, or GH-3) that was available only to movie stars, world leaders, and other people wealthy enough to travel to Romania and pay for the pricey injections (people like Dick Clark, Greta Garbo, and JFK). Today, Ultra H-3 is available to you in the U.S. in tablet form—for a price that won’t break the bank.

The original GH-3 came about by accident—Dr. Ana Aslan of the National Geriatric Institute in Bucharest had been working with a substance called procaine as a pain medication in 1949 when she noticed some unusual responses—overwhelming accounts of physical and mental improvements.

Although the first form of procaine was a local anesthetic, Dr. Aslan eventually transformed it so that it could break down into its principal metabolites, known as paraamino-benzoic acid (PABA) and diethylaminoethanol (DEAE). These natural ingredients are the ones that provide the rejuvenating benefits to the brain and the rest of the body.

But the manufacturers of Ultra H-3 claim that their formula is even more beneficial than the original. Apparently, since Ultra H-3 starts with the original GH-3 formula as its base, the same research studies apply to the newer version. But not only that—Ultra H-3 is made using a process developed in the 1980s that utilizes over five times more of the procaine than the original, making the procaine nearly 100 percent bioavailable.

Dr. Robert Koch, a biochemist who studied GH-3, improved upon the formula by adding different compounds that are able to protect nearly 100 percent of the procaine in addition to providing benefits of their own.

These compounds include ascorbic acid, citric acid, niacin, folic acid, biotin, potassium, and magnesium. In addition to protecting the procaine, they also accompany it into the cell to help repair cellular damage. Plus, Ultra H-3 differs from the original GH-3 formula in that it also includes a base of standardized extracts of Ginkgo biloba and bilberry, which increase circulation to the brain.

### **A whole new meaning behind happy customers**

HSI panelist Ann Louise Gittleman has witnessed the anti-depressive effect on many of her patients. She told me that “many people report they are able to cope with stress better after the first two weeks and maintain a constant feeling of well-being. Some patients have even been able to wean themselves off prescription drugs like Prozac.”

Gittleman also says that, as is the case with many subtle natural products, “most people don’t realize how naturally high they are feeling on Ultra H-3 until they run out or forget to take their daily dosages.”

If you suffer from depression—especially if you are looking to get off prescription antidepressants—Ultra H-3 may provide the relief you need naturally. Just be sure to talk to your doctor before making any changes in your medical program.

Recommended dosage is one to two tablets in the morning and one to two tablets in mid-afternoon (on an empty stomach). You could notice the effects within a few hours, but it could take up to a week.

## Reports 84-86: From eczema to wounds and burns— the best skin healers under the sun

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### #84 South Pacific fruit oil unlocks your youngest skin: Alleviate dry skin, shingles, eczema, and more

The growth of new, healthy tissue doesn't come into play just when dealing with wounds. Eczema, psoriasis, acne, herpes, even problems as seemingly minor as a sunburn or an insect bite are all conditions that benefit from the generation of healthy new skin.

That's why this new discovery seems so promising. It's called tamanu (ta-man-u) oil, and it's been used by natives of the South Pacific islands for centuries. In traditional island folk medicine, it is used to cure everything from diaper rash to body odor. According to Chris Kilham—called the “medicine hunter” by his co-workers, tamanu “appears to be one of the most effective known cicatrizing [breaking down scar tissue] agents in nature.” Plus, it has anti-bacterial, anti-inflammatory, and antioxidant properties.

The tamanu tree grows profusely in the South Pacific region. Its official name is *calophyllum inophyllum*, which means “beautiful leaf” in Greek. But it's not the leaves we're interested in—it's the fruit. The fruit pit, to be more precise. Once the apricot-like fruits are cracked open, they yield a large, blond nut hull. After about a month of drying, the hulls are pressed to release rich, dark-green oil.

#### Phytochemicals powerful enough to fight cancer and HIV

Now, scientists are able to identify the active constituents in tamanu oil and explain some of its powers. Tamanu contains a wealth of fatty acids, such as palmitic, oleic, and stearic acids, as well as calophyllic acid, a type of fatty acid unique to tamanu oil. It also contains xanthenes, potent antioxidant phytochemicals that may also have antibiotic and antifungal properties.

Several coumarins, which act as natural anti-coagulants and anti-inflammatories, have also been identified in tamanu. One of those coumarins, calophyllolide, is credited with tamanu's antibiotic properties and is also a potent non-steroidal anti-inflammatory. This latter characteristic may account for its reported effectiveness in treating conditions such as neuralgia, rheumatism, and sciatica that lie deep beneath the skin.

But in the last few years, scientists have been focusing on a promising line of research that suggests that specific coumarins in tamanu may have the power to fight killers like cancer and HIV.

True Tamanu is available in two formulations. The 100 percent pure tamanu oil is recommended for painful conditions like rheumatism and neuralgia, and for healing sores and wounds. For more cosmetic applications, like treating blemishes and wrinkles, and promoting healthier, more beautiful skin, a 50/50 blend of pure tamanu oil and cosmetic-grade olive oil can provide all the strength you need. Both formulations are absorbed quickly and easily, leaving only a faint, pleasant fragrance. And there have never been any reports of allergic reactions or side effects.

If you have wounds that won't heal, suffer with “incurable” conditions like eczema and psoriasis, or simply want to improve the look and feel of your skin, tamanu oil may be the answer. The people of the South Pacific islands have sworn by it for centuries—perhaps this bit of the past can help your skin have a healthier, more beautiful future.

### #85 Scientists rediscover 3,000-year-old wound-healing marvel

Manuka honey has been used for generations as natural medicine by the Māori of New Zealand. It's produced when honeybees gather nectar from the flowers of the manuka (*Leptospermum scoparium*) shrub, which is native to New Zealand and southeast Australia. The honey is darker and richer than most of the honey you'll find on the shelf at the grocery store. And it just happens to have extraordinary antibacterial, antiseptic, and antifungal properties.

In most honey, the most effective healing property is the production of hydrogen peroxide. When honey is made, bees secrete an enzyme called glucose oxidase into the nectar. When honey is diluted (as in a wound), this enzyme reacts with water and oxygen, releasing hydrogen peroxide.

Hydrogen peroxide is a well-known and effective antiseptic, but in recent years there's been a backlash against its use. You see, it has a tendency to cause inflammation and tissue damage. The concentration of hydrogen peroxide produced by honey is about 1,000 times less than that in the 3% solution found in drug-stores. It's still strong enough to heal, but doesn't cause the same problems as bottled hydrogen peroxide.

When it's diluted in a wound, honey produces a "slow release" of hydrogen peroxide, meaning the antiseptic power lasts longer. The hydrogen peroxide released by honey also promotes anabolic metabolism, prompting cell growth.

Honey can actually be diluted up to 10 times its original strength and still kill the seven species of bacteria most commonly involved in wound infection.

There have been many studies on honey's wound-healing abilities. Take the study of 59 cases of wounds and ulcers. Despite various conventional treatments, these wounds had gone unhealed from one to 24 months. When treated with honey, all of the wounds were sterile in one week. New tissue developed rapidly, and there were no adverse effects.

In one particular case study, a patient was suffering from a deep pressure sore that was not responding to conventional treatment. When dressed with honey, the wound healed completely in six weeks.

In another study, honey went up against silver sulfadiazine, the most widely used agent to clear infections in burns. After seven days, 91% of the burns treated with honey were completely sterile. In the same amount of time, infection was merely controlled in 71% of the burns treated with silver sulfadiazine. The patients treated with honey had better pain relief and less scarring.

### **One unique variety packs a double dose of potent antibacterial action**

When researchers started testing the antibacterial activity of honey, they quickly discovered something special about manuka. When the enzyme catalase was added to destroy the hydrogen peroxide in honey, only manuka showed any significant antibacterial activity. Because catalase is present in the tissues and serum of the human body, the bacteria-fighting power of hydrogen peroxide can only last so long. Manuka honey, on the other hand, can keep fighting infection even when it can't produce hydrogen peroxide.

Manuka honey doesn't require oxygen to activate the full scope of its antibacterial properties. So it can wipe out infection in deeper tissue of the body. It can also be used with all kinds of wound dressings without fear of weakening its power.

Unlike other varieties, manuka demonstrates strong antifungal action. Antibiotics are ineffective against fungal infections, making them difficult to treat. In studies treating fungal infections, manuka honey did the job when other varieties could not. Less dilution was needed to fight fungal infection than bacterial infection, making manuka honey ideal for treating drier surface infections.

Of course, as with any natural food product, there is variation from crop to crop. Once the news of manuka honey broke, many companies started selling inferior varieties, some with undetectably low levels of antibacterial activity.

So how can you tell if the manuka honey you're buying really works? By paying attention to the grading system called "unique manuka factor" (UMF). The UMF number corresponds to the concentration of phenol (a common conventional antiseptic) that has the same antibacterial activity. So a manuka honey product labeled "UMF 15" has the same power as a 15% concentration of phenol.

Most professionals use honey designated as UMF 10 or above, as this is the only kind to yield consistent

results in clinical studies. In studies using UMF 12 honey, widespread serious skin ulcers have healed rapidly. And we're talking ulcers that simply hadn't responded to modern conventional treatment. Some people in one study had been in intensive care for nine months. Treated with honey, their wounds healed at an astounding rate. Three separate studies have proven UMF 12 honey's ability to heal MRSA-infected wounds. Many wound types are counted among the success stories: venous leg ulcers, diabetic foot ulcers, pressure ulcers, unhealed graft sites, boils, and surgical wounds.

## **#86 Start healing eczema in a matter of days with an arsenal of herbs**

There still isn't much of an explanation for eczema. Some doctors use the term for any unidentifiable rash. It most commonly causes dry, reddened skin. Intense itching for burning is usually the first symptom. Eczema can lead to blisters and oozing lesions—and a whole lot of embarrassment and discomfort.

The mainstream may not have an answer for it, but that doesn't keep them from trying. The medical standard is topical corticosteroids used in short bursts to suppress symptoms. Long-term use is avoided because these steroids can cause skin atrophy and lesions.

Even used short-term, they can be of little use, because as soon as you stop using them, the eczema can come right back.

In extreme cases, doctors prescribe systemic corticosteroids to cut down on inflammation. But their use can lead to gastrointestinal intolerance, weakness, muscle problems, and increased infection.

In fact, no drug deemed effective at suppressing outbreaks has yet been approved for long-term use without the possibility of side effects. But there is an herbal answer—one you can use for both outbreaks and maintenance.

Eczederm Rescue is a topical cream that captures the power of herbs with antifungal, antiviral, antibacterial, and tissue regenerating properties. All of the herbs in Eczederm Rescue have traditionally been used for relief from the itch and pain of eczema, dermatitis, and rash.

No matter the cause, or how long you've been suffering, it works. From the day Eczederm Rescue was introduced, success stories have been pouring in.

When Deon in Denver, CO, developed eczema, his doctor was completely baffled. Though Deon tried everything, nothing cleared up the rash—and the itching was unbearable. The moment Eczederm Rescue touched his skin, he knew it was different from anything he'd tried. It cooled the burning, and he reported that, in just days, his eczema was well on the way to being completely cleared up.

Melissa, of Mustang, OK, has been suffering from eczema for about 20 years. She'd resolved herself to having it after trying prescriptions, natural products, food elimination, and countless other treatments. At some points, the rash has covered all of one of her hands.

Then, as I'm sure you've already guessed, she found Eczederm Rescue. After only a week of using it, she reported that the burning, itchy rash was 70% better, and getting better every day.

Stories like these are common. And they've recently been backed up by a promising clinical trial.

### **Stop the symptoms of eczema from interfering with your life**

Eczederm Rescue was put to the test against a placebo in a four-week clinical trial conducted by an independent lab. Over the course of the trial, participants recorded the daily severity of a number of symptoms—sleep interference, itching, pain, overall discomfort, redness, crusting, and overall appearance. Symptoms were rated on a scale of 1-9 (from nothing at all to as bad as it could be).

Participants using Eczederm Rescue reported a significant drop in symptoms compared to participants



using the placebo. The most notable differences were in discomfort, crusting, and appearance.

At follow-up visits after the study period, continued improvement was observed. Researchers concluded that there was a clear benefit over placebo after only two weeks.

## **Reports 87-88: A great sex life—at any age**

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### **#87 What your cells and space shuttles have in common—and how more of it can help your sex life**

Recently, HSI panelist Allan Spreen, M.D., brought us news of a new, cutting-edge dietary supplement that he helped to develop as the Chief Research Advisor for NorthStar Nutritionals. This unique product, called Argi-Vive III, helps maintain sexual vitality and stamina in men from the most basic level. But the best part? Argi-Vive III is an effervescent, berry-flavored drink. So it's like drinking a glass of sparkling fruit juice that gives you the support you need without having to take another pill. It doesn't get much simpler than that.

#### **The rocket science behind getting an erection**

Argi-Vive III is a combination of niacin, vitamin B12, Panax ginseng root extract, catuaba bark, muira puama, ashwagandha root, gotu kola leaf, maca root, and horny goat weed. But the ingredient that packs the most punch is L-arginine. This amino acid plays a vital role as a precursor for nitric oxide (NO).

If you haven't heard of NO, it probably sounds a bit like rocket science, which isn't actually all that far off: Space shuttles do create this substance as they re-enter the atmosphere.

#### **Activating your own NO cascade**

Researchers at Hopkins discovered that the release of nitric oxide from nerve endings in the penis caused an erection, but the temporary release of NO couldn't explain how erections are naturally sustained over time, since it survives just a few seconds before breaking down.

Working with rats and genetically transformed mice, Hopkins scientists found that after an initial burst of nitric oxide triggers an erection, blood vessels release more nitric oxide to harden and maintain it.

In other words, the key element in getting and maintaining an erection is the continuous activation of nitric oxide. That's where L-arginine—and Argi-Vive III come in. L-arginine is a precursor to NO. And Argi-Vive III contains 3,000 milligrams of it.

Of course, it isn't just the L-arginine that's causing such a stir. Men are reporting that they love the convenience—and taste—of this new formula.

All in all, Argi-Vive III may be a great alternative to supporting sexual health and overall good health—without taking another pill. And using it is simple, since it comes in single-serving packets that you can take with you wherever you go. Just mix one packet with 8 ounces of water and drink once a day. For additional support, you can also try a second packet 30-60 minutes before sex.

If you don't feel Argi-Vive III's powerful nutrients going to work for you, just let NorthStar know. They offer an exclusive 90-day unconditional guarantee for HSI Members only. And if you do try Argi-Vive III, let NorthStar know what you think of it. Dr. Spreen and the team at NorthStar Nutritionals welcome feedback from their customers to help improve upon their formulas—it's the best way to give people what they want and what they need.

## #88 A natural libido booster for women

“Women love and crave chocolate.” That’s what Sam Gur, the CEO of Phytobase, told me when I asked him why he and his team decided to whip up Chocollissima, a bite-size libido boost made just for the ladies.

Hidden within each bite-size piece of pure, organic dark chocolate, there awaits a blend of six indigenous Amazonian aphrodisiacs—and taking the top spot among them is borojoa, an exotic newcomer to the U.S. market. It’s commercially grown and marketed in Columbia, where locals know it as “the natural Viagra.”

The next ingredient is Clavo huasca, a popular aphrodisiac in its native territory. And if what we’ve seen at HSI is any indication, ladies who indulge themselves are definitely in for a bigger treat than they might have thought.

The other ingredients are Muira puama and catuaba bark—it’s said that putting the two herbs together results in a sacred concoction that “can make people sexually young again.” Topping off the list of sexy additions to the dark cocoa in Chocollissima is a Mexican herb called damiana—long used as an aphrodisiac in the ancient Mayan culture. As an additional punch for good measure, developers at Phytobase added jatoba bark—a Brazilian favorite often made into a tea to harness its strong energy-heightening properties.

## Reports 89-91: Drug-free solutions for healthy teeth and gums

### #89 HSI member’s own kitchen concoction provides option to oral surgery

What if your loved one called you asking for help, and you weren’t a pharmacist or a doctor or a scientist? What if all you had was your own experience with herbs, your kitchen, your intellect, and a bit of savvy?

Well, that’s exactly what happened to one of our members, Joe Lesky, a few years ago.

#### Oral health care routines reborn

During my conversation with him, Lesky told me that back in 1997 his son Jim, 31 at the time, went for a regular dental checkup only to be told his gums were in such bad shape that his teeth either needed to be removed or they would fall out. This situation starts with gingivitis (inflammation of the gums), which is caused by plaque. If

plaque isn’t removed regularly, it grows and causes pockets between the teeth and gums. Healthy gums rest on the teeth without any gaps or pockets, but Jim’s gums had pockets that measured 12-14 millimeters. Even half this measurement would have indicated a need for oral surgery. But Jim wasn’t about to let the dentist pull any of his teeth. So he went for a second opinion—same diagnosis.

Joe Lesky had treated himself with homemade remedies for years and has compiled an extensive file of information on herbs and other natural healers. So when Jim called him asking for advice, Joe pulled out his herbal references, and, as he told me in our phone conversation, “After much research, I combined several herbal extracts and essential oils, which were reported to be beneficial to gum health.”

The result was a powerful herbal mouthwash that combines:

**Cayenne**—fights infection, stimulates circulation and heal-

#### #91...

Cranberries may help prevent tooth decay. In a recent study, scientists examined the effects of two cranberry antioxidants on *Streptococcus mutans*—one of the primary bacteria responsible for tooth decay. Results showed that the antioxidants quercetin and myricetin impeded the normal activity of the bacterium. Quercetin is also abundant in apples.

ing, and relieves pain.

**Bloodroot**—prevents bacteria from forming plaque via natural antiseptic properties.

**Echinacea**—boosts the immune system, relieves pain, and acts as an antiseptic and antibacterial agent

**Bayberry**—tightens and stimulates gums. Also an astringent

**White oak bark**—eases inflammation, has astringent and antiseptic qualities, tightens gums

**Tea tree oil**—offers protection from harmful bacteria and behaves as a natural antiseptic and anti-inflammatory.

**Peppermint oil**—stimulates circulation and freshens breath.

Joe instructed his son to mix the formula with water and rinse with it every morning and night. Jim was skeptical, but he figured he had nothing to lose and might save his teeth.

A few weeks later, he went back to the periodontist for a checkup and cleaning. The periodontist noted that Jim's gums looked healthier and the pockets in them had gone down a little, but he would still need surgery. Jim bargained with the periodontist and got him to agree to wait several more months to see if he could achieve even better results using the his father's homemade mouthwash.

A few months later, the pockets had gone down more and his gums were pink and healthy. The periodontist was pleased with the progress and they both agreed to hold off on the surgery indefinitely. Today Jim's gums are still in good shape and he continues to use the solution regularly to keep them that way.

### Coming to a store near you?

Lesky took the necessary steps of patenting his formula, designing and printing a label, and working with a manufacturer to produce 2,000 bottles of the product, which he named Peri-Gum. Now Peri-Gum is available across the country. And it's even been the subject of several studies—all of which have confirmed that it works.

Most notably, one pilot study, completed at a prominent northeastern dental school, showed that volunteers' gum and oral health were significantly improved after just four weeks of using Peri-Gum. Researchers evaluated the subjects' progress by measuring the reduction of gingival health scores and reduction of plaque. Overall, they found a 20 percent reduction in the subjects' gingival health scores and a 16 percent reduction in plaque. And according to the study, Peri-Gum was found not to harm oral tissues.

A leading developer and manufacturer of botanical extracts has picked up where Joe Lesky left off in his kitchen and has taken over the manufacturing of Peri-Gum, and now it's distributed across the country. You can purchase it in various health food stores or on-line directly through Lesky's company: Lesko Care, L.L.C.

### #90...

Want a healthy mouth? Put a tomato in it. According to research, the lycopene in tomatoes may reduce symptoms of oral leukoplakia, a mucous membrane disorder caused by irritation from smoking or from rough spots on the teeth. In a three-month study of 60 subjects with leukoplakia, more than half of those who took 8 mg of lycopene per day had a complete absence of lesions. None in the placebo group showed improvement of lesions.

## Report 92: Calm your restless legs—your spouse will thank you!

### Support that stretches from your head to your toes

Talk to anyone you know, and I guarantee you they'll say that they've felt tingly, creepy-crawly, aching sensations in their legs before—and just when all they wanted to do was relax. It's a pretty universal experience—and much like ringing in your ears, if somehow you haven't felt it before, you can count yourself

lucky. But I'm sure you have.

You probably already know how important B-vitamins are to the health of your nervous system—so it's not surprising that this same nutritive complex can help to promote relaxed and calm legs. Just as deficiencies in these nutrients have been linked to more frequent ringing in the ears, deficiencies in practically all of the forms of vitamin B have been clinically connected to either restless, twitching legs or poor sleep quality.

Magnesium also plays a huge role in the fight against restless legs. But while the two common conditions are bridged by these similar factors, a new formula called LegSense has a slightly different focus: muscle health. Magnesium citrate in particular has been shown to be clinically effective against cramping, aching leg muscles. But BioLogic (the supplement's manufacturer) included not one, but four different forms of the mineral (including phosphate, oxide, and sulfate) in order to ensure maximum absorption and optimal delivery.

Once again, this vital nutrition is boosted by herbal support, with standardized extracts of Passionflower (*Passiflora incarnata*) and Valerian (*Valeriana officinalis*).

At the end of a one-month trial, an overwhelming 80 percent of the study participants reported that their restless legs impacted their quality of life noticeably less. One participant even reported a complete about face in even less time, saying: "I have experienced an amazing amount of relief within the first week. This stuff really works. Don't need a body pillow."

More clinical results are still in the works—but they should be in within months, and our contacts at the company say that they look to be just as promising. In the meantime, you don't have to wait to reap the benefits of this formula for yourself—NorthStar Nutritionals has beaten the mainstream to the punch yet again, and is bringing it exclusively to you. You can find ordering details in the Member Source Directory—and cross another "hopeless" health case off of your list.

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## Report 93: Silence the ringing in your ears

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### Breakthrough nutrient solution to the most bothersome health concern in the book

I don't know what's more annoying: sweet silence broken by an unstoppable buzz in your ears, a pair of twitching, aching, cramping legs that keeps you from falling asleep at night...or the fact that your doctor is the first to dismiss both of these problems as annoyances that you'll just have to learn to deal with.

I probably don't need to tell you that a little ringing in your ears isn't going to kill you. And neither will a pair of restless legs. But I've brought them up for a good reason: They're just two examples of health concerns that are capable of testing your sanity daily without ever sending you within stone's throw of an emergency room.

That doesn't make them any less urgent, though—even if both mainstream medicine and the natural health industry have largely ignored them for ages now. With no definitive source and a million different potential triggers, most doctors have abandoned causes like these in favor of "loftier" (and more lucrative) pursuits.

But BioLogic Health Solutions (the same Australian team that brought you UroLogic and ProstaLogic) has made a mission of finding gaps like these—and filling them. VitaEar and LegSense are two of their latest breakthroughs.

### A multi-pronged solution to a multi-faceted problem

For a formula like VitaEar, a single ingredient wasn't going to cut it—because when it comes to the exact physiological reasons for that annoying buzz in your ears, well...no one *really* knows them.

But there's a grocery list of things you can count on. If you just left a concert or noisy construction site or you've got a lot of wax built up in your ears, it can trigger a ringing, whooshing, or chirping sound that can hang around for minutes—even days. The same goes for head and neck trauma, anxiety—and a whole lot more.

VitaEar's formula needed to be comprehensive—so BioLogic included four essential minerals and ten vitamins. And in order to select the right combination, they had to look at your ears' many needs, from every possible direction.

An arsenal of B-vitamins makes up the lion's share of the ingredient list in VitaEar's formula, including a complex of B6, B12, thiamine, niacin, folic acid, and pantothenic acid. Research conducted in the last five years suggests that roughly a quarter of subjects who report ringing in their ears are severely deficient in both thiamine (vitamin B1) and B12.

But while nutrient support is crucial, BioLogic also embraces the principles of Traditional Chinese Medicine (TCM). Rounding out VitaEar's comprehensive formula, you'll find standardized extracts of three different herbs: *Ginkgo biloba*, *Rehmannia glutinosa*, and *Dong Quai* (*Angelica sinensis*).

## **Report 94: Your doctor's stumped—but we have the answer to chronic fatigue**

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### **Frozen drinks and farm animals find common ground— and the solution to chronic fatigue**

The summer months might find you thirsting for a festive frozen drink now and then—but I'd be willing to bet that pig cell extracts aren't quite what you had in mind. Just doesn't work with an umbrella, does it?

But what if I told you that a cocktail like this could be the answer to your chronic fatigue? Well, Xtra-Cell CF Support, a liquid blend of adrenal and mesenchyme porcine cell extracts hailing from Douglas Laboratories, is just that—even if it doesn't come in a coconut shell.

If you suffer from chronic fatigue syndrome (CFS), you're already well aware of the elusiveness of the disease. Much like those with fibromyalgia, many CFS patients are led to believe that it is all in their heads—they're hypochondriacs, depressed, or just plain making it all up. But even though this disease remains largely unexplained, there are nevertheless a few identifiable factors that CFS patients all have in common. And believe it or not, a nice, frosty pig cell extract cocktail could be just what the doctor ordered.

The idea sounds a little less than appetizing. But if you're in the same unfortunate boat as so many other CFS patients and just haven't found anything that brings back enough energy to make you feel human (let alone like yourself) again, you'll be willing to try just about anything. We contacted Natalie Shamitko, Technical Specialist with Douglas Labs, eager to learn more about Xtra-Cell CF Support, their new—and, let's just say unusual—remedy for energy renewal.

### **Flash-frozen cell signals to treat your CF symptoms**

Despite the product's ominous-sounding name, you won't be getting "extra cells." And there aren't any injections involved, either. Xtra-Cell CF Support is a frozen liquid extract, made from the adrenal and mesenchyme tissues of swine. So if there are no cells, and no injections, what is the product, exactly?

As Shamitko explained it, the differences are subtle—but major. "Xtra-Cell products are not considered to be 'live cell' therapy," she explained. "[They] contain frozen glandular extracts that uniquely preserve the proteins, peptides, signaling factors, and other constituents of glandulars. The products are manufactured and purified via a patented, low-temperature process that involves homogenization, fractionation, and ultra-filtration of porcine tissues. The molecules... are selected based on their size and weight and are isolated in their native state. Once the molecules are concentrated, the liquid is aseptically bottled and flash-frozen."

Put in even plainer terms, the difference between Xtra-Cell and live cell therapy starts to become a little more clear: Through a patented process, Douglas Laboratories isolates actual signaling factors—not cells, but bioactive



molecules that act as messengers between cells, to cause specific reactions. These molecules are secreted by cells during normal human functioning—but in illnesses like chronic fatigue syndrome, in which some cells appear to be unresponsive, it looks as though those molecules aren't doing their job. A product like Xtra-Cell CF Support would theoretically jumpstart sluggish glandular action—and alleviate CFS symptoms.

I was dying to see what the product was really like—so Natalie Shamitko sent me a sample, frozen, via next-day mail, to try for myself. The bottles inside the 24-count package were small—9 mL each—with secured safety seals on each of the caps. Being super-frozen by the dry ice in which its package traveled, the first sample took about a half-hour to thaw. Once the liquid had melted enough to drink, it was off with the cap—which revealed absolutely no odor—and bottoms up. The drink was a tad thicker than I had expected, having a mildly oily consistency—though not enough to coat my mouth. There was a faint, unidentifiable taste, which, while not distinctly pleasant, was far from offensive.

Even so, the concept of Xtra-Cell CF Support continued to strike me as a little strange—and I wondered how to account for the steep price tag of a 24-day supply of the extracts. Shamitko explained that there are no clinical studies on the product—but that her clients (mostly practicing doctors) have reported amazing results for over 10 years. Dr. Dale Guyer—director of the Advanced Medical Center and Spa, an Indianapolis center focusing on integrative medicine—even named it as one of the top 10 most effective new therapies that he's added to his practice. If you have the money—and nothing else has worked for you up to now—CF Support just might be worth a try.

The recommended dose is one bottle of Xtra-Cell CF Support per day on an empty stomach—either half an hour before a meal or two hours after one. Contents should be kept frozen and then thawed in your hand and consumed immediately—you should not refreeze the product after thawing. If you suffer from a nervous or circulatory condition such as high blood pressure or anxiety, you should not take Xtra-Cell CF Support due to the possible presence of adrenal hormones like cortisol or epinephrine—both of which could aggravate your condition. And of course, if you're allergic to pork or kosher, this product is not for you.

## **Report 95: Rid your body of harmful toxins—no needles necessary**

### **No more needles: Plant formula tackles toxic heavy metals better than gold-standard IV therapy**

Oral chelation has never been fully accepted by health professionals because none of the treatments ever proved to be as effective as the IV form. Yet at the same time, it's getting harder and harder to find clinics that provide IV chelation treatments. Many clinics that do are being forced to shut down by various medical boards who consider chelation an “inappropriate treatment method”—despite years of safe, effective use by millions of people.

HSI panelist Jon Barron addresses both of these concerns with a new oral chelation product called Metal Magic. It is the first clinically proven oral chelation treatment. A recent study showed that Metal Magic can naturally remove an average of 87 percent of lead, 91 percent of mercury, and 74 percent of aluminum from the body within 42 days. With study results like these, you can feel confident in the results you'd get—and what's even better is that you can get them from the comfort of your own home.

### **The one, two combo that knocks out tough metals**

The best way to rid your body of these harmful metals is by chelation, a process that removes heavy metals from the bloodstream. All of these toxic metals have an electrical charge that causes them to tightly bond to body tissue. The key to removing them from the body is to neutralize the electrical charge, basically getting the metals to release their grip on your cells.

Originally, to get a chelation treatment you had to go to a clinic and have it done intravenously. Most oral chelation formulas are based on EDTA, a substance that has been proven when used intravenously, but not when

used orally. But Metal Magic's powerful duo of fresh cilantro and chlorella rids your body of the metals as effectively as IV treatments—and you don't have to spend hundreds of dollars or even leave your house. First, the cilantro neutralizes the charge in the metals, then the chlorella absorbs the heavy metals and eliminates them from the body. Plus, Metal Magic is in a liquid extract form, which makes the cilantro and chlorella even stronger.

There are a handful of formulas based on using chlorella or cilantro separately, but this is the first formula that combines the two.

It's important to note that as you rid your body of heavy metals, you are going through a period of detoxification, and you could experience symptoms such as fatigue, loose bowels, or common cold symptoms. There's no need to be alarmed—this is your body's way of purging what doesn't belong.

## **Report 96: Safe and effective kidney stone buster**

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### **Chanca piedra: the natural “stone breaker”**

The Amazon herb chanca piedra is one ingredient in the blood sugar control herbal blend Pancreas Support. But it is probably better known for its ability to effectively break up and prevent kidney stones, an agonizing condition that affects 5 1/2 million people in the U.S. alone.

Chanca piedra has been proven to not only ease the passing of kidney stones but also help prevent them from forming in the first place. In our research, we found that it was 94 percent successful in eliminating stones. And in a 1999 study, researchers confirmed that chanca piedra has a “potent and effective” inhibitory effect on the formation of calcium-oxalate crystals (the building blocks of most kidney stones).

If you've suffered through the pain of kidney stones, chances are you'd be willing to try just about anything to avoid going through it again. That's why we were so excited when we discovered chanca piedra. We first told our members about this natural herb from the Amazon rainforest in the September 2000 issue of the Members Alert newsletter. Since then, countless HSI members have written, called, and e-mailed to thank us for it. See the Member Source Directory to learn how you can order.

## **Report 97: Finally—hope for lupus**

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### **Fish oil reduces disease measurements in lupus patients**

Lupus is conventionally treated with immune system suppressants, malaria medications and corticosteroids. In some cases these treatments decrease inflammation and address specific symptoms of lupus, but the side effects of the drugs can sometimes do more to complicate the condition rather than relieve it.

For many lupus patients there may be a safer way.

Omega-3 fish oils and supplements of copper have been shown to successfully address lupus symptoms in animal studies. And previous human studies have shown that lupus patients tend to have lower omega-3 levels compared to healthy people.

Researchers with the Northern Ireland Center for Food and Health (NICHE) at the University of Ulster recruited 52 lupus patients who were randomly divided into four treatment groups:

- Three grams of fish oil and three grams of copper daily
- Three grams of fish oil and a placebo copper
- A placebo fish oil and three grams of copper

Placebo fish oil and placebo copper

After blood samples were taken and disease activity was measured at the outset of the study, and then at six, 12 and 24 weeks, researchers found a significant decline in the disease measurements for those taking fish oil compared to placebo. Copper had no significant beneficial effect. Fish oil had no apparent effect on inflammation, but skin rashes and neurological problems improved considerably.

In contrast to typical drug therapies used to treat lupus, none of the subjects in the NICHE study reported any adverse side effects.

## **Report 98: The ancient Chinese secret for eternal luminous beauty**

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It's the secret behind the radiance of the most beautiful woman in Chinese history. Yang Guifei, the legendary imperial courtesan, was a woman so gorgeous that when she walked through a garden, the flowers bowed to her beauty... so luminous that her beauty nearly led to the downfall of the Tang Dynasty, an eighth-century empire.

The secret gave her radiant, blemish-free, wrinkle-free skin... and it will do the same for you.

### **“The secret to my beauty is...**

According to legend, the secret to Yang Guifei's extraordinary, eternal beauty was a mushroom known as *Tremella fuciformis*.

One of tremella's key properties is hydration—which we all now is crucial for young, healthy-looking skin. That makes it an especially valuable anti-aging ingredient, both inside and out.

When researchers compared the two ingredients (HA vs. tremella), the results were astounding. Tremella had 25% stronger water-retaining powers—holding 500 times its weight—than HA. And here's why that matters: The TCM mushroom will not only moisturize your skin better than HA, it will help your skin hold on to that moisture longer.

When you take tremella in a supplement, it will hydrate your skin from the inside out. And when you apply to your face in a luxuriously rich skin cream, its moisturizing power increases substantially.

### **Skin as luminous and delicate as a pearl**

The tremella mushroom alone can make your skin look younger and more beautiful—but when pearl is added, you gain a stunning luminescence.

Packed with rejuvenating compounds, the pearl will greatly enhance your beauty.

- Reduce the appearance of fine lines and wrinkles
- Lighten freckles and dark spots
- Prevent discoloration
- Purify the skin to prevent blemishes
- Brighten your skin tone (your face will literally glow!)
- Help keep your skin from aging

Pearl is able to do all this because it promotes new cell regeneration—meaning your face will have more fresh, new cells to give you a more youthful appearance.

### **Beautify your skin with Aquamella and Super Tremella**

Aquamella advanced skin formula combines the hydrating power of tremella, the luminous qualities of pearl, and two other key anti-aging ingredients, so you can put your most beautiful face forward.

And when you combine that with Super Tremella, the supplement, you more than multiply the benefits you'll see in your face.

The manufacturer's recommendation for Super Tremella is to take four tablets per day, either all in one dose or in two doses of two tablets each, after meals. They also suggest applying Aquamella to the face and neck every day.

## **Report 99: Relief for fibromyalgia**

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### **Reverse fibromyalgia with this "cough syrup cure"**

Derived from a tree bark extract called guaiacum, guaifenesin has been around since the 16th century and has been used in over-the-counter cold remedies for well over 40 years. As an ingredient in cough syrup, guaifenesin (guai for short) helps thin and loosen mucus in the lungs so that you can cough it up easier. But for some strange and still not thoroughly understood (or at least proven) reason, this expectorant is also one of the most intriguing and promising experimental treatments for fibromyalgia (FMS).

Researchers have developed a unique theory about the potential cause of FMS and how guai helps to address it: Anything that works to treat gout by getting the kidneys to eliminate uric acid also seemed to work for FMS because it helped the body excrete phosphates.

There are tubules in our kidneys that are supposed to be open, allowing phosphates to pass through and be excreted. But in FMS patients those tubules don't function properly. As phosphates build up, the body stores them in the bones, and then eventually the muscles, tendons, and ligaments. The excess phosphates hinder the cells' ability to produce energy, causing the muscles to go into spasm. Lumps and bumps form in the muscles, and, eventually, the problem evolves into FMS.

Guai works by helping to open the tubules in the kidneys so that the phosphates can get excreted in the urine, thereby restoring normal cell functioning in the brain, muscles, tendons, etc.

### **Two things you need to know before trying guai**

Granted, the research still preliminary, and guai hasn't yet been subjected to additional clinical trials not run by Dr. St. Amand. But with so few options available to FMS patients, it may be worth a try. However, if you're considering guai treatment there are a few things you need to know to make sure you receive optimal benefits.

If you're taking guai, you cannot take aspirin or herbal medications, or use any skin creams or topical products which contain herbs, including aloe. Castor oil, Listerine, Ben Gay, and razors with aloe strips are among the many salicylate-containing culprits that block the action of guai.

It's also important to note that all plants make salicylates, so even walking outdoors in bare feet may impact guai's effects. Blocking guai doesn't appear to cause any adverse effects, it just means that you won't obtain any benefit for FMS.

Another complicating factor in guai treatment is hypoglycemia, or low blood sugar. Endocrinologists have noted that around 40 percent of FMS patients are hypoglycemic. It is mandatory that the two syndromes both be treated, or you will not feel better. Since fibromyalgia cannot be cured, only controlled, patients must take guai for the rest of their lives, or the symptoms will return. Therefore, a maintenance dosage is necessary, usually the same amount it took to clear them.

Apparently, everyone has a personal range of doses within which they find relief. If you go below that range, no symptom improvement takes place—if you go above, the healing process does speed up, but, according to St. Amand, it also causes more pain. The dosage range varies based on the patient's individual response: It can vary from 300 mg. twice a day to as high as 3,600 mg. per day.

Guai is available in two different types—a short-acting formula called Guifenesin FA, containing 400 milligrams of guai or a long-acting 600-milligram formulation called Guaifenesin Extended Release.

## Report 100: Sleep like a baby without drugs

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### 87 percent of insomniacs report relief

Seditol was formulated specifically to address excess cortisol in the body, according to Bob Garrison, the CEO of Seditol's manufacturer, Next Pharmaceuticals. It's a blend of two herbal ingredients—magnolia and zizyphus.

I spoke to Garrison, who told me that, like many other supplements, Seditol was born out of unexpected benefits found during human trials. Next has a patented proprietary blend of magnolia, which it originally intended to market solely as a stress reliever. Magnolia bark has traditionally been used as a general anti-anxiety agent, so its benefits typically center on controlling stress and anxiety. But newer claims are emerging that link magnolia's anti-stress benefits with control of cortisol. Magnolia bark is rich in two biphenol compounds, magnolol and honokiol, which are thought to contribute to the primary anti-stress and cortisol-lowering effects of the plant. These cortisol-lowering effects go beyond stress relief though, as Next researchers discovered when testing their proprietary extract.

During one study on this blend, they found they were consistently getting feedback not only on reduced anxiety but participants also reported that they had improved sleep. So Next switched gears and developed its magnolia extract as a sleep aid, adding zizyphus—which has been used to induce sleep in traditional Chinese medicine for over 2,000 years—to the mix.

This product's action may be slower than typical over-the-counter sleep aids, but the end result is a natural, gradual change. The suggested dosage is 365 mg nightly, and you should notice results in one to two weeks, as your cortisol level normalizes. Seditol is available through various supplement retailers. Check your local health food store to see if they carry it. If not, the store manager can contact Next for information about becoming a distributor.



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**MEMBER SOURCE DIRECTORY**


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**4-in-1 Body Slim**, Pro Health. Ph. (800)366-6056; [www.prohealth.com](http://www.prohealth.com). A 180-capsule bottle costs US\$20.49 plus shipping.

**AllerPhase**, Tango Advanced Nutrition; Ph. (866)778-2646; [www.puretango.com](http://www.puretango.com). A 30-capsule bottle costs US\$39.95 plus shipping.

**AMAS Cancer Test**, Oncolab. Ph. (800)922-8378; [www.oncolab.com](http://www.oncolab.com).

**Amazon Vitality**, Raintree Nutrition. Ph. (800)780-5902 or (775)841-4142; fax (775) 841-4022; [www.rain-tree.com](http://www.rain-tree.com). HSI member price is US \$24.95 plus shipping for a bottle of 120 capsules (650mg each). Regular retail price is US\$29.95, so be sure to identify yourself as an HSI member. For online orders, use the coupon code "HSI."

**Aquamella and Super Tremella**, Maitake Products, Inc., Ph (800-747-7418); [www.mushroomwisdom.com](http://www.mushroomwisdom.com). Aquamella skin cream costs \$49.95 per tub, and Super Tremella costs \$29.95 per bottle.

**Argi-Vive III**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A box of 30 packets is US\$49.95 plus US\$6.95 shipping and handling (\$14.95 outside the USA. Not able to ship to Australia, Germany, Austria, and New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Arjuna Cardiac Tonic**, Himalaya Herbal Healthcare. Ph. (800)869-4640; [www.himalayausa.com](http://www.himalayausa.com). A bottle of 60 capsules is US\$12.95.

**AstaFactor Sports Formula**, Mera Pharmaceuticals, Inc. Ph. (800)480-6515; fax (808)326-9401; [www.astafactor.com](http://www.astafactor.com). A 60-softgel bottle costs US\$36.95 plus shipping.

**Avé**, The Harmony Company. Ph. (888)809-1241; fax (800)521-0543; [www.theharmonyco.com](http://www.theharmonyco.com). A box of 30 single-serving packets costs US\$199.95 plus shipping. HSI members qualify for a 10% introductory discount.

**Benfotiamine**, Benfotiamine net, Inc. Ph. (888)493-8014; [www.benfotiamine.net](http://www.benfotiamine.net). One 120-capsule bottle costs US\$17.95 plus shipping.

**BenVia Gold**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com) Available whole seed or ground for your convenience at the low price of \$29.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Botanical Vitality**, Great Life Labs. Ph. (800)526-4240; [www.greatlife.com](http://www.greatlife.com). A bottle of 60 capsules (a 30-day supply) is US\$33.00 plus shipping. All Great Life products carry a 100% satisfaction guarantee.

**Brain Protex**, The Herbs Place. Ph. (866)580-3226; [www.theherbsplace.com](http://www.theherbsplace.com). A bottle of 60 capsules is US\$22.95.

**BroccoMax**, Lucky Vitamin. Ph. (888)635-0474; [www.luckyvitamin.com](http://www.luckyvitamin.com). A bottle of 60 capsules is US\$16.76. Lucky Vitamin offers free shipping for orders over US\$100.00.

**BronchoPhase**, Tango Advanced Nutrition. Ph. (866)778-2646; [www.puretango.com](http://www.puretango.com). One bottle of 60 capsules costs US\$21.95 plus shipping.

**CardioTotal**, Gold Shield Healthcare Direct. Ph. (800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com). One bottle of 120 capsules is US\$41.95.

**Chanca Piedra Extract**, Raintree Nutrition, Inc. Ph. (800)780-5902 or (775)841-4142; fax (775)841-4022; [www.rain-tree.com](http://www.rain-tree.com). A bottle of 100 capsules is US\$18.95.

**Chocollissima**, Phytobase Nutritionals, Inc. Ph. (801)705-0555; [www.phytobase.com](http://www.phytobase.com). A jar of 24 individually wrapped chocolates is US\$39.95.

**CoffeeBerry**, New Chapter. Ph. (800)543-7279; [www.new-chapter.com](http://www.new-chapter.com). Find a store in your area that sells CoffeeBerry by calling New Chapter or visiting their website.

**CysteinePeP**, NutriCology. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). A bottle of 150 CysteinePep capsules cost US\$46.00.

**Delta-Immune** (also known as Del-Immune), Pure Research Products. Ph. (888)466-8635; [www.del-immune.com](http://www.del-immune.com). A 30-capsule bottle costs US\$19.50. There are discounts for multiple-bottle purchases.

**DiarCare**, Himalaya Herbal Healthcare. Ph. (800)869-4640; [www.himalayausa.com](http://www.himalayausa.com). A bottle of 60 850 mg tablets is US\$18.95 plus shipping.

**Digest RC**, CX Research, Inc., Ph (561)641-9011; [www.cxresearch.net](http://www.cxresearch.net). Digest RC costs \$14.95 per box.

**Eczederm Rescue**, Peaceful Mountain. Ph. (888)303-3388; [www.peacefulmountain.com](http://www.peacefulmountain.com). A 1 oz. tube is US\$14.95.

**EstroG-100**, JLM Industries. Ph. (760)634-1901; [www.vrp.com](http://www.vrp.com). EstroG-100 is sold as HerBalance II. A bottle of 60 capsules is US\$34.95.

**Farabloc**, ABC Health Solutions. Ph. (253)631-8270; fax (253)639-2467; [www.abchealthsolutions.biz](http://www.abchealthsolutions.biz).

**FloControl**, Tango Nutrition. Ph. (866)778-2646; [www.tangonutrition.com](http://www.tangonutrition.com). A bottle of 180 capsules is US\$45.95. Save 10% off your first order of FloControl with the code H7FLOTAN. Mention the code over the phone or enter it in the coupon field when ordering online.

**GalantaMind (galantamine)**, Life Enhancement Products, Inc. Ph. (800)543-3873; [www.life-enhancement.com](http://www.life-enhancement.com). A bottle of 90 capsules is US\$49.97.

**Glucotor v.2**, Baseline Nutritionals. Ph. 800-440-3120; [www.baselinenutritionals.com](http://www.baselinenutritionals.com). A 180-capsule bottle costs US\$49.95 plus shipping.

**Graviola and N-Tense**, Raintree Nutrition. Ph. (800)780-5902; fax (775)841-4022; [www.rain-tree.com](http://www.rain-tree.com). A bottle of 100 capsules of Graviola is US\$18.95. A 120-capsule bottle of N-Tense is US\$29.95.

**Graviola Max**, Raintree Nutrition, Inc. Ph. (800)780-5902; [www.rain-tree.com](http://www.rain-tree.com). One 120-capsule bottle is US\$21.95 plus shipping.

**Guaifenesin FA or Guaifenesin 600**, ProHealth. Ph. (800)366-6056; [www.prohealth.com](http://www.prohealth.com). A bottle of 100 Guaifenesin FA (400-milligram) tablets costs US\$16.64 plus shipping. A bottle of 100 Guaifenesin 600 tablets costs US\$48.14 plus shipping.

**Hair Toxic Element Exposure Test**, Doctor's Data, 3755 Illinois Ave, St. Charles, Illinois 60174-2420; [www.doctorsdata.com](http://www.doctorsdata.com). Test must be ordered by a physician. Ask for code: ID354.

**Healthy Prostate & Ovary**, Nutricology. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). A 180-tablet bottle costs US\$53.00 plus shipping.

**HIFU Treatment**, International HIFU. Ph. (866)553-1629; [www.internationalhifu.com](http://www.internationalhifu.com). Information on HIFU centers and how to find a doctor.

**Hoodia Supreme**, Nature's Benefit. Ph. (973)890-2378; [www.naturesbenefit.com](http://www.naturesbenefit.com). A 60-capsule bottle costs US\$24.99 plus shipping.

**Hydraflexin**, Biocentric Health, Inc. Ph. (877)880-7800; [www.biocentrichealth.com](http://www.biocentrichealth.com). One bottle of 60 capsules (a one-month supply) costs US\$39.95 plus shipping. A three-month (Best Deal) supply is only US\$99.75 and comes with free shipping and handling. Biocentric Health offers a 90 day, no-questions asked, full money back guarantee (less S&H if any).

**ImmPower (AHCC)**, The Harmony Co. Ph. (800)521-0543; [www.theharmonyco.com](http://www.theharmonyco.com). A 30-capsule bottle costs US\$49.95 plus shipping.

**Immunoguard (lactoferrin)**, Gold Shield Healthcare. Ph. (800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com). One bottle is US\$47.45.

**Jiaogulan Standardized Gypenosides**, Jagulana Herbal Products. Ph. (888)867-2458 or (559)337-2188; [www.jiaogulan.net](http://www.jiaogulan.net). One bottle of 90 capsules costs US\$22.95 plus shipping.

**Kaprex**, Center for Natural Medicine Dispensary. Ph. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com).

**LegSense**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (90 capsules) is US\$59.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Lyprinol**, The Vitamin Shoppe. Ph. (866)293-3367; [www.vitaminshoppe.com](http://www.vitaminshoppe.com). A bottle of 60 softgels is US\$22.79.

**Magnesium Malate Forte (malic acid)**, Center for Natural Medicine Dispensary. Ph. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com).

**Metal Magic**, Baseline Nutritionals. Ph. 800-440-3120; [www.baselinenutritionals.com](http://www.baselinenutritionals.com). A 2 fl-oz bottle is US\$34.95 plus shipping.

**MetaPhase**, Tango Advanced Nutrition. Ph. (866)778-2646 or (805)504-9563; [www.puretango.com](http://www.puretango.com). A bottle of 60 capsules costs US\$44.95 and a bottle of 120 capsules costs US\$79.95 plus shipping and handling.

**MigraSpray**, Nature Well, Inc. Ph. (800)454-6790; [www.migraspray.com](http://www.migraspray.com). One 30 ml-bottle costs US\$39.95 plus shipping.

**Modifilan (fucoidan)**, Fucoidan Sales. Ph. (877)663-3438; [www.Fucoidan.net](http://www.Fucoidan.net). One bottle of 90 capsules costs US\$29.00 plus shipping.

**Mucolyxir**, Nutricology Inc. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). One 12 ml bottle is US\$37.00 plus shipping.

**Olive Leaf Extract**, Seagate. Ph. (888)505-4283; [www.seagateproducts.com](http://www.seagateproducts.com). One bottle of 90 capsules is US\$29.95. One 1 oz bottle of nasal spray is US\$9.95.

**Oralmat**, NutriCology, Inc. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). One 10 ml bottle costs US\$37.50.

**Osteoking**, Nature's Healing Solution. Ph. (800)550-9285; fax (641)472-5542; [www.osteoking.com](http://www.osteoking.com). A one-month supply (15 bottles) costs US\$99.00 plus shipping.

**Osteophase**, Tango Advanced Nutrition. Ph. (866)778-2646; [www.puretango.com](http://www.puretango.com). A 60-capsule bottle costs US\$45.95 plus shipping.

**Padma Basic**, EcoNugenics. Ph. (800)308-5518; [www.econugenics.com](http://www.econugenics.com). A 60-tablet bottle is US\$34.95 plus shipping.

**Palm Vitee**, CompassioNet. Ph. (800)510-2010; [www.compassionet.com](http://www.compassionet.com). A bottle of 60 capsules is US\$77.00.

**PectaSol**, EcoNugenics. Ph. (800)308-5518; [www.econugenics.com](http://www.econugenics.com). A 150 g jar of powder is US\$41.95. Also available in capsules.

**Peri-Gum**, Lesko Care, L.L.C. [www.peri-gum.com](http://www.peri-gum.com). A 1 oz. bottle of concentrate is US\$17.95 plus shipping. Online orders only, using PayPal. Website also offers individual state listings of retailers carrying Peri-Gum, or by mail at Lesko Care, LLC, 18 Connecticut Street, Cranford, NJ 07016.

**Phytocort**, NutriCology, Inc. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). One bottle of 120 capsules costs US\$42.50.

**Progenssa20 (natural progesterone cream)**, Center for Natural Medicine Dispensary. Ph. (888)305-4288 or (503)232-0475.

**Proton Beam Therapy**, Loma Linda University Medical Center. Ph. (800)PROTONS; [www.protons.com](http://www.protons.com).

**Raphacholin C**, Qlife. fax (973)633-8410; [www.qlife.com](http://www qlife.com). A bottle of 30 tablets is US\$8.00 plus shipping.

**Seabuckthorn**. Kettle Valley (Gladys Brown). For a complete listing of products and pricing, go to [www.kvsbt.com](http://www.kvsbt.com). For an alternate source, contact Seabuckthorn International Inc. Ph. (250)767-6100; [www.seabuckthorn.com](http://www.seabuckthorn.com).

**Seditol**, Next Pharmaceuticals. Ph. (888)809-1241. [www.theharmonyco.com](http://www.theharmonyco.com). Sold as SleepSolve 24/7. A bottle of 30 tablets is US\$29.95.

**Sense of Mind**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (60 caplets) is \$29.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Shing-Releev**, Merix Health Care Products. Ph. (847)277-1111; [www.viramedx.com](http://www.viramedx.com). A 2 oz spray bottle costs US\$29.95 plus shipping.

**SierraSil**, Sierra Mountain Minerals, Inc. Ph. (877)743-7720; [www.sierrasil.com](http://www.sierrasil.com). A bottle of 45 capsules costs US\$19.95 plus shipping.

**SkinGlow**, Nutricology. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). A bottle of 150 softgels costs US\$64.50 plus shipping.

**Soothanol X2**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A 1 oz bottle is US\$49.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**SP-Zyme (serrapeptase)**, The Green Willow Tree. Ph. (877)968-4337; [www.greenwillowtree.com](http://www.greenwillowtree.com). A bottle of 60 capsules is US\$18.00.

**StemEnhance**, Vision Inc. Ph. (888)800-7070; [www.E3Live.com](http://www.E3Live.com). A bottle of 60 capsules (a one-month supply) is US\$59.95 plus shipping.

**Sugarsolve**, Harmony Company. Ph. (800)521-0543; [www.theharmonyco.com](http://www.theharmonyco.com). One bottle of 60 softgel capsules costs US\$29.95 plus shipping.

**Super Lion's Mane**, Maitake Products, Inc. Ph. (800)747-7418; [www.maitake.com](http://www.maitake.com). One bottle of 120 caplets (a one-month supply) costs US\$29.95 plus \$6.00 shipping and handling.

**Symbiotropin**, Center for Natural Medicine Dispensary. Ph. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com). One box of 40 effervescent tabs costs US\$75.00, three boxes costs \$210.00, plus shipping.

**Taurox 6X (COBAT)**, Nutricology. Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). A 13.5 mL bottle is US\$47.00.

**Toki**, CompassioNet. Ph. (800)510-2010; [www.compassionet.com](http://www.compassionet.com). A box of 60 packets costs US\$150.00.

**True Tamanu**, New Chapter. Ph. (800)543-7279; [www.new-chapter.com](http://www.new-chapter.com). Find a store in your area that sells True Tamanu by calling New Chapter or visiting their website.

**Ultra H-3**, Uni Key Health Systems. Ph. (800)888-4353; [www.unikeyhealth.com](http://www.unikeyhealth.com). A bottle of 60 tablets costs US\$32.95 plus shipping.

**UroLogic**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (60 capsules) is US\$49.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Vasotensin**, Center for Natural Medicine Dispensary. Ph. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com).

**ViraMedx Releev**, Merix Health Care Products. Ph. (800)224-4024; [www.viramedx.com](http://www.viramedx.com). One 3 ml tube costs US\$19.95 plus shipping.

**VitaEar**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (60 capsules) is US\$54.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Vital Cell**, Tango Advanced Nutrition. Ph. (866)778-2646; [www.puretango.com](http://www.puretango.com). A 90-tablet bottle costs US\$34.95 plus shipping.

**Weight Guard Plus**, NorthStar Nutritionals. Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (60 capsules) is US\$25.95 plus \$6.95 shipping and handling (\$14.95 outside the USA. Cannot fulfill orders to Australia, Germany, Austria or New Zealand). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L801 when ordering.

**Wound Honey**. Eras Natural Sciences. Ph. (866)519-9191; [www.woundhoney.com](http://www.woundhoney.com). One 80 g tube is US\$19.75. Mention HSI and get it for US\$15.50 (phone orders only).

**Xtra-Cell CF Support**, Douglas Laboratories. Ph. (800)245-4440; [www.douglaslabs.com](http://www.douglaslabs.com). One box of 24 9-mL bottles costs US\$298.00 plus shipping and handling.

All products are priced according to U.S. currency.

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